REAL FITNESS FOR MEN

PUSH PAST YOUR PLATEAU P102

MMH

MEN'S MUSCLE & HEALTH

BUILD FIT AND FUNCTIONAL ARMS
WITH LEE STRAM'S WORKOUT
P68

GET FIT FOR SUMMER FAST!

INSIDE» Your Beach Ready Blueprint.

Bad snooze? You lose
THE EFFECTS OF SLEEP DEPRIVATION P26

SUCCESS STORY
FIT FOR THE KIDS
"How I went from fat dad to fit dad" P98

5 TIPS TO BEAT BURNOUT P94

GET WHAT YOU WANT

ASSERT YOURSELF AT WORK AND PLAY P44

HOW AMINO ACIDS CAN MAKE OR BREAK YOUR WORKOUT
P34

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CONTENTS

JAN/FEB 2016

FEATURES

BAD SNOOZE? YOU LOSE
26
Discover what a good night's sleep can mean for your strength and fitness goals.

IN THE RING WITH CESARO
74
MMH chats to WWE superstar Cesaro about AFL, his max snatch number and the origin of the Cesaro Swing.

ALL THINGS CONDITIONING – PART 2
120
We discover the programming behind three of the best strength gyms and their coaches.

MOTIVATION

HOW TO TRAIN YOUR BRAIN
34
Use these mental training techniques to create success in all areas of your life.

YOUR PLATEAU PERSONA
102
Push past your plateau persona for more progress at the gym.

THE BIG C
140
After being diagnosed with cancer, Adam McKenzie decided it was time to turn his health around..



COVER STORY

LEE STRAM
64
With a physique that shows his commitment and a determined and focused mindset, Lee Stram is making his presence known on more than just the stage.

Model: Les Stram
Cover Photo: Dallas Olsen
Cover Design: Leo Costa-Leite

Photo Credit: Dallas Olsen

Men's Muscle & Health Magazine is for informational purposes only. Consult a physician before undertaking any exercise or nutrition program within Men's Muscle & Health Magazine. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to undertake or adapt any of the information or content provided in this magazine. Any exercise program may result in injury and by voluntarily undertaking the programs provided, you assume the risk of any resulting injury.









TRAINING

HARD 'CORE' TRAINING
30
The key to all over gains could be a tighter, stronger core.

BUILD BICEPS MASS
68
Obliterate stagnant biceps muscles with this mass-building sequence.

BACK BEATDOWN
126
This no B.S. back workout will help you grow with its high-volume routine.

NUTRITION

LIFT LONGER, GROW STRONGER
54
Amino acids and their importance in your workouts.

POWER YOUR CELLS
56
Nutritional supplementation with ubiquinol may support improved physical performance.

HOW TO BE INSULIN SENSITIVE
78
Why insulin sensitivity is essential for weight loss and muscle gain.

BEST BUYS FOR 2016
22
Make your New Year's goals stick with these great buys.

EVERY ISSUE

10 WHAT'S ON
11 NUTRITION NEWS
12 HEALTH NEWS
16 FITNESS NEWS
18 GADGETS
26 HEALTH CHECK
36 BODY PART EXPLAINED
40 STYLE
86 SEASONAL TRAINING
98 AUSSIE PROFILE
118 UNIQUE FITNESS APPROACH
136 MMH BEAUTY
138 GEAR BOX
140 TRANSFORM
142 SUBSCRIBE
144 EXHALE

SOCIAL MEDIA STARS... Really?!?!



HERE AT MMH WE GET A LOT OF PEOPLE CONTACTING US TO LET US KNOW "HOW WELL KNOWN THEY ARE ON SOCIAL MEDIA". They think their follower count means they deserve a feature in the magazine or even a cover. While we're happy for them that they are getting a lot of likes on their photos, getting some comments, attention, maybe even validation… unfortunately these likes or followers don't equate to magazine sales or credibility. We know that part of the game all too well.

Don't get us wrong, we certainly appreciate that you may invest a lot of time into your social media profile, building your likes and connecting with your followers, maybe even inspiring them to undergo their own fitness journey. These are genuinely GREAT initiatives. However, if your sole focus is to be famous, then chances are that using the 'social media' space to do it really doesn't mean all that much to us.

Think of it like this: people who spend their life on social media don't necessarily buy magazines. While you may think your 50k or 100k followers will automatically buy the magazine that you're featured on (and this is why you're valuable), the reality is that most of them probably won't. Most profiles have fake or bought likes and this is relatively easy to do if you are hellbent on increasing your profile in a hurry!

The sad reality is that too many people's lives are ruled by social media. They are constantly trying to outdo their peers, worrying about how many likes the other girl or guy is receiving and projecting a fake persona that is far from actual reality. In fact you might be surprised at how many people are "faking" their profile in order to build their ideal online "persona" of who they think people will follow. It's not hard to pick these people out, especially for our editors who have more experience than most when it comes to researching people who are THE REAL DEAL! There are SO many large profiles "faking" their lives and this is even more apparent from their still images. Usually they are caught out on their own videos with seriously less muscle or less booty than they consistently portray!

We will always prefer a person whose popularity is built on a solid foundation, credibility and hard work and who's not caught up in their own social media stardom. Someone who lives and breathes what they preach and who has gained attention for the right reasons. Credibility goes a long way in our line of work.

This issue's intro may have turned into a bit of a rant, but in a landscape so focused on likes, comments and follower counts, it needs to be said.

Now that's out there, it's time to take a look at issue 13 of *MMH*. Lee Stram looks great on the cover and he gives us his biceps workout on page 66. We look at barefoot water skiing (page 86), how to be assertive (page 44), how to train your brain (page 34) and the foods you need to eat to grow (page 108).

On behalf of the *MMH* team I'd also like to wish you all a Merry Christmas and happy New Year! Have an awesome festive season and we'll see you in 2016.

Dallas Olsen
Chief Photographer

HAVE YOUR SAY!

Email us at
features@fitmedia.com.au
and tell us what you think !

Photo Credit: Shutterstock.com

Photo Credit: Dallas Olsen

MMH MEN'S MUSCLE & HEALTH

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MEET OUR EXPERTS



Cam Wild

Cam Wild

Cam Wild, 23, is a Victorian state physique competitor, nutritionist, and owner of NUFIT – one of the fastest-growing online nutrition and training businesses in Australia. For years, Cam struggled with getting the results he wanted in the gym. His dedication turned into a passion for nutrition and, as a result, Cam developed a simple results-based nutrition system specifically designed for guys wanting to get noticeable, lifelong results. Cam's system is available online at **www.nufit.com.au.**



Kate & Kristina

Kate & Kristina

Kate Swann and Kristina Mamrot opened the doors of their general psychology practice in Melbourne in 2008, and quickly established themselves as popular local therapists. They had long been drawn to clients who engaged in therapy for problems with anxiety or depression, but also had weight problems. Kate and Kristina and their team bring passion and commitment to the traditionally undervalued area of weight loss and weight management. Their focus is firmly on helping clients lose weight and keeping it off permanently, as well as prevention and education. Kate and Kristina are registered with the Australian Psychological Society, Directors of Your Weight Loss Experts and PS Counselling, and are authors of Do You Really Want To Lose Weight and The Ultimate Guide To Training Overweight and Obese Clients: Fitness Professionals Only. Visit PS Counselling **www.pscounselling.com.au**



Matthew Davidson

Matthew Davidson

Dr. Matthew Davidson B.Sc., M.Chiro, is director and founder of the Hope Island Chiropractic Centre. Matthew has completed a Bachelor of Science from Griffith University as well as an Anatomy and Physiology Major from Queensland University. Graduating from Macquarie University in 2000 with a Master in Chiropractic, he has 13 years experience in the field of chiropractic and soft tissue injuries. He also has nine years experience in Active Release Technique® and is one of only two full-body certified Active Release Technique® ironman providers in Australia. Matthew is a member of the Chiropractic Association of Australia (CAA) and Sports Chiropractic Australia (SCA).



Peter Miran

Peter Miran

Peter Miran is a sponsored champion athlete holding multiple bodybuilding titles, including the WFF Mr Australia. He has been featured as a fitness model in many Australian fitness magazines. Peter has worked as an exercise physiologist alongside world-renowned physicians and is a highly successful personal trainer and coach. He has coached and mentored scores of elite athletes, personal trainers, high-profile celebrities, performers, sports models, bodybuilders and some of Australia's most successful businessmen, assisting in the achievement of their desired goals, and boasts a record of ambassadors that happily represent his business, Peter Miran BODY. He is currently studying his Masters in Exercise Science at ECU. Peter has been actively working in many facets of health and fitness spaced over 15 years, beginning his career in the research and development of nutritional products for Australian Sports Nutrition company, Body Ripped. You can contact him at peter@petermiran.com.



Travis Ronaldson

Travis Ronaldson

Travis is a strength and conditioning coach and sports nutritionist with a passion for helping people perform at their best. He has worked with individual athletes and sporting teams in a range of sports at amateur, state, national and international level for a number of years. Travis has a training background in Olympic lifting, gymnastics and achieving maximum power and strength. He has also spent time developing nutritional protocols to improve strength and size, along with decreasing body fat and optimising hormone status. Travis likes to challenge perceived norms and traditions and change the way people think about health, strength training, conditioning and nutrition. He is passionate about seeking new and improved ways to achieve optimum health through movement, nutrition and recovery methods.

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get active

RUN

TWO BAYS TRAIL RUN

Mornington Peninsula, Melbourne, VIC
17 January 2016

Run 28km across the Mornington Peninsula from Dromana to Cape Schanck (or Cape Schanck-Dromana-Cape Schanck for the Ultra-Runners). Two Bays Trail Run will be held on Sunday January 17 at 7am for 28km runners and 7.10am for 56km runners. There is a fallback date of January 24 in case of Code Red fire warning. Please note that Two Bays Trail Run does require you to have fulfilled the qualification criteria, which you can find in the Entrant Info Book on their website.

For more information and to register go to: twobaystrailrun.com



RIDE

CADEL EVANS GREAT OCEAN ROAD RACE

Geelong, Bellarine Peninsula and Surf Coast, VIC
30–31 January 2016

Named in his honour, the Cadel Evans Great Ocean Road Race comprises an Elite Men's One Day Race, an Elite Women's One Day Race, and the Momentum Energy Peoples Ride. The 174-kilometre Men's Elite course is a challenging and authentic one-day course that allows an attacking style of race, synonymous with the "Spring Classics" and providing a number of race scenarios. Following a hugely successful event in 2015, the second edition of the event will be held on the weekend of January 30-31, 2016.

For more information go to: cadelevansgreatoceanroadrace.com.au



EXPERIENCE

MORETON BAY CARAVAN CAMPING BOATING EXPO

Redcliffe Showgrounds, Moreton Bay, QLD
19–21 February 2016

This event features over 150 local exhibitors and regional businesses displaying the latest products and services. Showcasing some of Queensland and Australia's best caravan, camper trailer, motorhome and boating dealers all in the one location! The event will also showcase dozens of complimentary companies, providing a whole range of products and services, including holiday and touring information, camping 4×4 and boating accessories, insurance services, bush cooking, tools and more.

For more information and to register go to: bayexpo.com.au



Swimming Photo Credit: Shutterstock.com

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THE RECOMMENDED DAILY INTAKE OF POTASSIUM.



power up with potassium

Potassium is fantastic for preventing muscle cramps, bone maintenance and controlling blood pressure - so with that in mind, it should be a priority to make sure you consume the recommended amount. **A banana is a great way to start your day and kick-off your potassium intake,** but it isn't enough. If you don't want to begin supplementing, try to incorporate more spinach, dried apricots, avocados, mushrooms and salmon into your diet.

aussies' love of junk food on the rise



Photo Credit: Shutterstock.com

Australian diets aren't making the grade – and an addiction to junk food is largely to blame, according to findings from the recent CSIRO Healthy Diet Score Survey. Discretionary food, or junk food, intake was found to be three times higher than the recommended daily limit. According to Professor Manny Noakes, CSIRO Research Director for Nutrition and Health and the co-author of the CSIRO Total Wellbeing Diet Online, the results were concerning. "What we're finding is people are having larger portions of junk food, more often. This type of food is no longer just an indulgence, it has become mainstream and Australians are eating it each and every day."

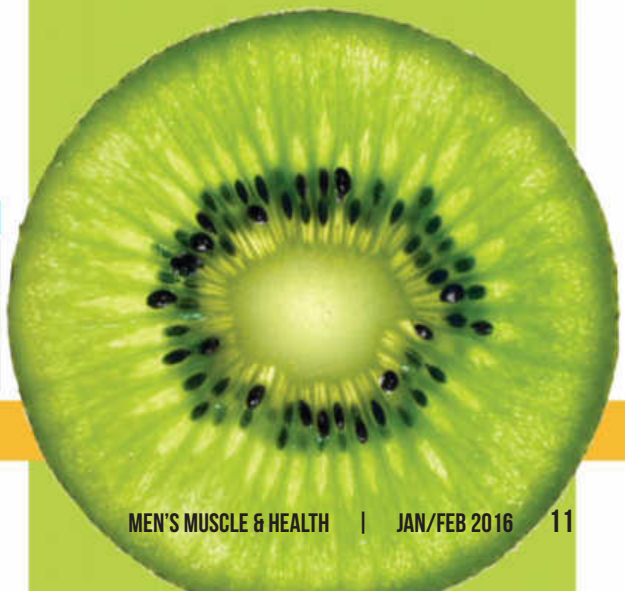
TAKE-HOME MESSAGE

Professor Noakes suggests improving your diet quality by cutting back on the consumption of junk food, and focus on eating smaller portions. "They also need to be more mindful of every bite they take by eating more slowly and consciously."

Discover your Healthy Diet Score by taking the free assessment at **https://my.totalwellbeingdiet.com/healthy-diet-score**

sleep better with a kiwi

Don't judge a book by its cover – or a kiwi fruit by its skin in this case! Make friends with these fuzzy little guys cause they're going to help you sleep at night. Okay, don't freak out, they just help raise your serotonin levels, that's all. Serotonin is the brain chemical that encourages relaxation, so make the healthier choice and eat a couple of kiwi fruits instead of reaching for that glass of red wine.



hope for those with muscular dystrophy

According to a research team led by scientists at the University of Maine, boosting the activity of a vitamin-sensitive cell adhesion pathway has the potential to counteract the muscle degeneration and reduced mobility caused by muscular dystrophies. The researchers found they could improve muscle structure and function in zebra fish suffering from a version of muscular dystrophy by supplying a common cellular chemical or its precursor, Vitamin B3, to activate a cell adhesion pathway. Because the same cell adhesion complexes are found in humans, the research team is optimistic that these findings may one day help patients with muscular dystrophies. Lead researcher Michelle Goody, PhD student of University of Maine, said while there is still a long way to go, the findings are positive. "I'm hopeful that our data could eventually lead to new adjuvant therapies."



11 MILLION*



the number of teeth that develop decay every year in australia.

Tooth decay is Australia's most common health problem and the second most costly diet-related disease. Most tooth decay is caused by a build-up of bacteria, fungi and plaque between teeth. Critically, our oral hygiene habits fail to address this problem by ignoring one third of the tooth's surface. But cavities can be prevented by brushing, flossing and visiting your dentist for a regular check-up.

**Australian Dental Association 2012*

Photo Credit: Shutterstock.com



did you know?

There are 27 bones in each hand. That means a whopping 25 per cent of all the bones in your body reside in your miraculous mitts. So keep them protected by wearing wrist supports when participating in high-risk activities such as skating or snowboarding – where you're likely to land on your palms at high impact!



Photo Credit: Shutterstock.com

cancer hitting aussie blokes below the belt

In Australia, prostate cancer is the most commonly diagnosed cancer in men, with more than 20,000 men diagnosed each year. More than 3,300 men die from the disease each year, making it the fourth leading cause of death for men. Prostate cancer is an age-dependent disease, which means the chances of developing it increases with age. The risk of getting prostate cancer by age 75 is one in seven men. By the age of 85, this increases to one in five.

TAKE-HOME MESSAGE

Men over age 50, or 40 with a family history of prostate cancer, should talk to their doctor about testing for prostate cancer using the PSA (prostate specific antigen) blood test and DRE (digital rectal examination) as part of their annual health check-up. For more information or support visit **www.prostate.org.au**

did you know?

According to the British Journal of Sports Medicine, staying aerobically fit can add up to 12 years to your life. Your regular cardio sessions help to condition your body to pump blood more efficiently, taking in more oxygen, expanding blood vessels and releasing endorphins as a result!



bigorexia: not buff enough

Otherwise known as muscle dysmorphia, bigorexia is a term used to describe men who are consumed with the belief they are not big enough. A new study in the UK has found that one in 10 British men may be suffering from the condition, which can cause anxiety, depression and other serious health concerns. Unfortunately, many GPs do not yet recognise the signs of the disorder, meaning it often goes undiagnosed. Keep an eye out for the signs and seek help if you feel you or a loved one may be suffering.

THE SIGNS:

- Putting gym before friends and family
- Extreme exercise including hours of weight training
- Training while injured
- Feeling panicked if you miss a session
- Excessive use of supplements and/or steroids
- Staring excessively in mirrors to evaluate physicality
- Hiding your physique beneath baggy clothes/feelings of inadequacy




Red Bull



Reaching New Heights

Chris Sharma climbs a redwood tree as he goes back to his rock climbing days in California in June 2015. Nothing much has changed for Chris since he was a kid; he climbed trees then and he continues to climb them now. The only difference is that now Chris is one of the best rock climbers in the world, with both national and international titles. His desire to climb a redwood tree was to challenge his abilities to free climb by using only the bark. The experience was far different to any of his typical rock climbing adventures, but this was his chance to feel like a kid again. **MMH**

Photographer Credit: Keith Ladzinski / Red Bull Content Pool



have they discovered the perfect rest period?



Many will argue that there's not a single perfect period of time to rest between sets, however a study published in the *Journal of Strength and Conditioning Research* may have found a possible solution. It stated that resting 2.5 minutes between sets caused a greater increase in muscle size after 10 weeks of strength training rather than resting for only one minute between sets among men who had not weight trained before. Robert Buresh, lead researcher of the study says, "the group taking the longer rest period was able to use a higher percentage of their one-rep max for each set, so it's possible that they recruited a greater percentage of available muscle fibres, giving them a greater hypertrophic response."

TAKE-HOME MESSAGE

While longer rest periods at 2.5 minutes may work for some, the research also found that shorter rest periods created a greater hormonal response in some participants. So which is best? We still don't know - try them both and discover what your body responds to.

spot-check your squat

If you find yourself looking up at the ceiling when driving out of a heavy squat, it's time to spot-check your technique! **Done correctly, the squat recruits your quads, hams, glutes and your entire upper body from lower back to chest and shoulders, making it one of the most important moves in your weekly program.** But when craning your neck upwards your centre of balance is altered, causing you to lean too far back on your heels instead of powering through the balls of your feet. Not to mention, overextending your neck with a heavy load across your upper traps could potentially cause harm to your cervical spine.

Photo Credit: Shutterstock.com

did you know?



Working out first thing in the morning before breakfast can increase glucose tolerance and encourage your body to use fat as fuel. For best results, train within a half hour of waking, then eat a balanced brekky of carbs and protein shortly afterwards.

Source:
The Journal of Physiology

REVIEWS

THE BEST BUYS IN FITNESS



STEALTH INNOVATOR MINI

Mini by name and not by nature, the Stealth Innovator Mini is a must-have for guys on the go. Travel effortlessly with more than three meals, sports nutrition products, hydration bottles and supplements. The Stealth Innovator Mini comes with one large and one medium gel pack, three 600ml snap-lid containers and one sports nutrition container. As a trusted side companion for the fitness elite, you can travel prepared with Six Pack Fitness' Innovator Stealth Mini.

RRP: $79.95 | WEBSITE: sixpackfitness.com.au



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RRP: $45 for 1kg or $180 for 5kg
WEBSITE: bulknutrients.com.au/hyperhydrolyse



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K-OS pre-workout is loaded with energy, focus, endurance and strength. Knowing that we all want gains, this product doesn't contain unnecessary fillers that make a jar look like value. Maximise your time in the gym by consuming 6g of K-OS in 250-300ml of water, 20 minutes before training. The super-low-calorie product is loaded with 3g of creatine, 1.5g of beta alanine and fights typical fatigue with 175mg of caffeine. Creatine, beta alanine and caffeine work at a cellular level and ensure positive results. K-OS is from Body Science, one of the most trusted brands in Australian sports nutrition since 1999 and every batch is tested for banned substances to guarantee purity.

RRP: $39.95
WEBSITE: bodyscience.com.au

/// CATCH ALL THE ACTION THIS SUMMER



No matter what sport you're into, get the right camera to suit all your summertime needs.

WORDS Stephen Fenech

When it comes to action cameras, GoPro is probably the most recognisable brand but it isn't the only one playing in this rapidly growing market. There are quite a few choices of action cameras if you're interested in capturing all of your adventures no matter where you are – in and out of the water. Here's a look at some of the most popular action cameras on the market.

GOPRO HERO4 BLACK

PROS: Stunning videos, easy to use, lots of mounting options, TimeLapse features, intelligent lighting adjustment

CONS: No screen to preview your video, needs housing to be waterproof

The GoPro Hero4 Black is one of the top action cameras if you're interested in capturing your footage and first-person video in the highest quality and with minimal fuss and effort. The device is capable of shooting in stunning 4K at 30 frames per second along with 2.7K at 60fps as well as full high definition 1920 x 1080. This model offers even better image processing which results in a much higher video quality. But the thing that makes GoPro a winner is the way it can be attached to just about anything with its unique mounting system. You can attach the camera to a helmet, handlebars, surfboard, kayak, car, wrist and even your dog to get that unique perspective that makes GoPro videos so watchable.

Price: $679
Website: gopro.com



SONY 4K ACTION CAM FDR-X1000V

PROS: 4K recording, 100Mbps bit rate recording, Steady Shot stabilisation, 170-degree Zeiss pro-quality lens, high quality sound

CONS: No Steady Shot on 4K, requires expensive SDXC microSD card, expensive

Sony has taken its considerable experience in digital imaging and development of 4K products and combined them into the FDR-X1000V action camera. The device can capture true 4K video with a resolution of 3840 x 2160 as well as full high definition with a number of different shooting modes including motion recorded at either 240p in high definition or 120p slow motion in full high definition. This model retains the barrel shape of its predecessor and has a control display to allow users to easily scroll through the modes, menus and features. The body on its own is actually splashproof but to make it completely waterproof you're going to need the included housing. The free Action Cam app for iPhone and Android allows users to link wirelessly to the camera and see what it sees.

Price: $599

Website: sony.com.au



GOPRO HERO4 SESSIONS

PROS: Cool new shape, auto image rotation, no waterproof housing required

CONS: Quality short of other Hero4 cameras, expensive, settings need to be changed through the app

It might not be able to shoot 4K like its big brother but the new GoPro Sessions still offers top-shelf HD video quality from a product that's not only 50 per cent smaller and 40 per cent lighter, but requires no housing for users to take it underwater to a depth of 10m. It has a square design and and an all-new frame mounting system that means it can be positioned at any angle with the auto-image rotation correcting the orientation automatically. Onboard is a 170-degree lens that can capture high quality video at 1080p at up to 60 frames per second, 720p100 and 1440p30 along with 8-megapixel stills which can be captured in your choice of single shots, bursts or in time-lapse mode. There's also a dual microphone system that can switch in real time to reduce wind noise during activities with audio performance also improved in and out of the water because there is now no housing to muffle the sound.

Price: $579.95

Website: gopro.com





CONTOUR ROAM 3

PROS: Waterproof without a housing, rotating lens, slider switch makes recording easier, affordable

CONS: Does not have a removable battery, slow to charge, no screen to view video

The Contour Roam 3 action camera is probably one of the sleekest-looking models on the market. It has a barrel shape that makes it easy to mount just about anywhere and with a versatile 270-degree rotating lens it can be adjusted to line up with how you've decided to mount the device as well. There are four different high-definition modes including 1080p full high definition as well as the ability to shoot 120 frames per second at 420p for some stunning slow motion footage. Use the inbuilt laser to easily adjust your alignments and make sure it's pointing in the right direction. Now the Contour Roam 3 is a camera you want to take everywhere – even underwater – and there's no worry about wrapping up the product with a bulky housing. It can go to a depth of 10m without a case so it's ready for action right out of the box.

Price: $299.95

Website: contouraustralia.com.au

GARMIN VIRB

PROS: Versatile, waterproof, captures data as well, more affordable, 12-megapixel still images

CONS: Can't shoot 4K, video quality could be better, short battery life

When Garmin decided to create an action camera, it wasn't enough that it would just shoot video. The Garmin VIRB X and the VIRB XE are designed for users who want to capture video of their activities along with all the data that can be recorded with it. It does this through a number of built-in sensors like high-sensitivity GPS, accelerometer and gyroscope. So now you can see how far, how fast and how high you actually went whether you're in a car, on a boat, a plane, skis or even a bike. The VIRB XE can shoot up to 1440p at 30 frames per second while the VIRB X can record video at 1080p/60fps and 1080p/30fps along with 720p/60fps. With Wi-Fi on board you can connect your smartphone or tablet to see a live stream of your videos and overlay the G-Metrix data.

Price: $429 (VIRB X) and $529 (VIRB XE)

Website: garmin.com



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Bradley Wilson B.Sp.Sc



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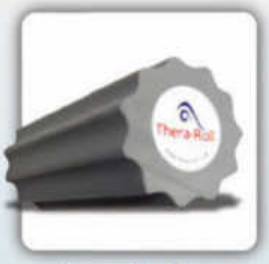


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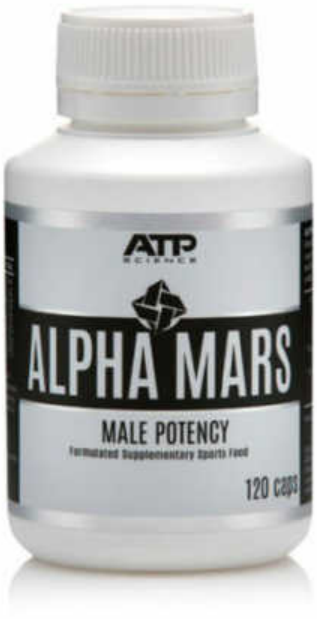
9 BEST BUYS FOR 2016 WITH MMH

Happy Fit Year, guys!
If you're looking to make an impact in a big way this year, or help your friend or family member do just that, you need to be prepared and equipped with the best in the business when it comes to equipment, supplements, gear and more. MMH has found the best 9 deals for you to make your mark in 2016.

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For more information visit **www.atpscience.com/shop/capsules/alpha-mars**



FIT YEAR DEAL: Buy an Alpha Mars valued at $89.95 and receive a free T432 Plus valued at $79.95.

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2

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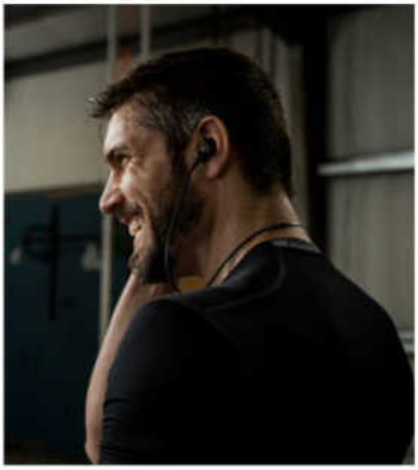


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4

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oxygen AUSTRALIA

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Shop now at **www.ncfitnessgear.com.au**



6

FIT YEAR DEAL: Receive 20 per cent off foam rollers, kettlebells and barbells by using the promo code **OXY20** at the online checkout.

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Lqd is an Australian premium skin care range developed by men for mankind. Every product in the Lqd range benefits from the inclusion of aloe vera, active levels of antioxidants, anti-irritants and other scientifically proven ingredients. Lqd has left out all the commonly used ingredients in other brands that are known skin irritants, including essential oils, sodium lauryl sulphate, sodium dodecyl sulphate, parabens, paraffin, phthalates, menthol, colourings and added fragrances. Designed specifically for guys who train, Lqd understands that when you train more, you sweat more and therefore you need to shower more often. Other products dry out the skin, but Lqd keeps the skin hydrated through every step of the skin care process. From the pH-balanced face wash that leaves the skin feeling clean and supple, to the 12 per cent glycolic acid scrub which improves skin tone, fine lines and reduces breakouts, the products have become quite the skin saviour.

Shop now at **www.Lqd.com.au**

FIT YEAR DEAL: Purchase the Lqd Gift Pack online before December 16, 2015 and receive **$80 off by using the promo code MUSCLE at the checkout.** Valued at $230, the Lqd Gift Pack contains Lqd's wash, scrub, shave, calm and hydrate.





8

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MEN'S MUSCLE & HEALTH

REACH YOUR GOALS

As you know by now, Men's Muscle and Health combines the best workouts, nutrition and lifestyle advice to provide a one-stop guide for men to build the body that they want for life, without the need to spend hours in the gym. If you're yet to subscribe, now is the time! If you're already a subscriber it's time to get your friend, brother, son, dad or even uncle inspired to reach his health and fitness goals with the help of *MMH*.

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bad snooze? you lose.

Discover what a good night's sleep can mean for your strength and fitness goals.

WORDS Elina Winnel



How much time do you put into planning meals and training? How much effort into making sure your work, relationships and even your attitude are the best they can be?

And what about sleep? How much thought do you give to ensuring it's the best quality possible? Working as a Master Sleep Coach, an issue that increasingly concerns me is the number of people who don't even realise they have a sleep issue and therefore don't realise the effect it's having on their fitness and training efforts.

They're suffering from something called partial sleep deprivation, which means they think they're fine but actually their sleep is regularly disturbed and they've become so used to surviving on six hours a night they've forgotten how refreshed and alive a sound night can make them feel.

Those guys are heading for trouble. They're missing out on the deep slow-wave state of sleep that's needed for repair and for the release of growth hormones, essential for building muscle and improving fitness. Less sleep also means less

testosterone, which is crucial in building strength.

Long-term partial sleep deprivation also leads to a dip in feel-good hormones and a rise in the stress hormone cortisol that causes problems with digestion, mood and cognitive function, all of which affect physical health, fitness and the motivation and energy you have available to you when you hit the gym. It can also cause people to lay down fat around the middle and be a contributory factor in diabetes, heart attacks, high blood pressure and a host of other health conditions.

A hundred years ago we all got around two hours more sleep than we do now. We were in touch with circadian rhythms. Then we got electricity, televisions and computers. Now the number of us struggling to get good sleep has been put as high as 70 per cent.

This means we have to put some thought and effort into ensuring restful deep sleep, without disturbance, and no one realises this better than sports coaches who constantly monitor the effects of partial sleep deprivation on their athletes.

One worrying finding is how quickly performance drops after missing just a few nights' quality sleep. The effect of two and a half hours of sleep deprivation per night over four nights was measured in eight swimmers, for instance. The researchers found that there was a significant increase in depression, tension, confusion, fatigue and anger and a decrease in vigour. There was also a significant decrease in maximal bench press, leg press and dead lifts. That's just missing sleep for four nights. Imagine the effect it would have if it continued indefinitely.

The good news is that another study following six basketball players who got as much extra sleep as possible found more vigour, better moods, less fatigue, faster sprint times and better accuracy.

Athletes, bodybuilders and those training seriously not only need more sleep than the average person, they also need more slow wave sleep, when repair is at its fastest. If you're diligent with your nutrition and training, the right sleep can be the missing element in your program. I always enjoy having athletes as clients because by helping them improve their sleep, they gain a secret weapon that helps their training and strength improve significantly. **MMH**

Photo Credit: Shutterstock.com



ELINA WINNEL

After years of struggling with chronic insomnia, Sydney-based Elina Winnel learned the importance of getting good help with sleep, and today she's a Master Sleep Coach with clients around the globe. She researches and trains in the most effective methods to improve sleep including hypnotherapy, neurolinguistic programming, coaching, sound therapy, cognitive repatterning and brain mapping. If you're interested in getting a better night's sleep, read advice or get in touch through **www.mysleepcoach.com.au.**



TIP FOR A BETTER NIGHT'S SLEEP

- **Have some laughter time.** Laughter in the evening can increase the production of melatonin (the sleep hormone). During the day it increases the production of serotonin which turns into melatonin at night. For maximum effect, get that laugh in the company of good friends. Don't add alcohol though – that will exacerbate the problem.
- **Slow the racing mind.** It's the number one cause of sleep difficulties. Learn relaxation techniques such as mediation or breathing exercises or absorb yourself in an activity you love that will get you into the zone.
- **Establish some creative activities.** Partial sleep deprivation is often a result of the left hemisphere of the brain being overactive. That's particularly the case if you do a lot of analytical work. Try drawing, painting or creating a fabulous, colourful meal without the help of a recipe.
- **Balance yourself.** Do a form of exercise that balances up both sides of the body and uses the right side and left side alternately. This balances the hemispheres of the brain. Simple walking will work.
- **Work out earlier in the day.** Our body temperature drops as we sleep and if you worked out in the evening, the rise in core temperature can make it difficult to nod off.
- **Wind down.** Establish a wind-down routine at night such as listening to music or reading. This slows down the brain and helps prepare it for that slow delta brainwave state required for stages three and four of sleep – when growth hormone is released.
- **Reduce your stress levels.** In turn this will reduce production of cortisol, which can inhibit sleep. One way of doing this is to watch your self talk. Replace statements like: "I'm struggling to cope," with "I'm coping really well given what's on my plate."
- **Address snoring.** Snoring can reduce your sleep quality and 40 per cent of men are habitual snorers. If you snore, try nasal strips, or train yourself to sleep on your side by attaching a tennis ball to the back of a t-shirt making it uncomfortable to sleep on your back, until your patterns are changed.
- **Eat wisely.** Foods high in tryptophan have been shown to help sleep, so throw a handful of pumpkin seeds into your turkey salad. Foods high in omega-3 are also associated with better sleep, so try oily fish with a handful of nuts on the side.
- **Avoid sleeping tablets.** Whilst they may help you to sleep, they reduce the amount of slow wave sleep you get, which is critical for the release of human growth hormone.



+ RIPPED AND READY

HARD 'CORE' GAINS	P30
TRX BODY RENOVATION	P58
BUILD BICEPS MASS	P68
5 FOODS FOR GROWTH	P108
STAND OUT FROM THE CROWD	P112
BACK BEATDOWN	P126

FITNESS MODEL Zia Smetka | **IMAGE** Charlie Suriano

Photo Credit: Charlie Suriano



LOSE THE EGO, GET THE GIRL

You might think that acting tough will impress your 'damsel in distress' but research shows that your puffery might be putting her off. The *Journal of Experimental Social Psychology* has discovered that women do not react favourably towards men who meet the 'tough guy' stereotype in certain situations. They engineered specific scenarios that would invoke aggressive responses from the men, which left the female participants underwhelmed. The takeaway from all of this? Clinical psychologist Benjamin Simmons, PhD, explains that while she wants to feel safe and secure with you, "women prefer a man who will detach himself from trouble and forego the posturing and chest swelling that they perceive is more ego than anything else." **MMH**



HARD‘CORE’ GAINS

The key to all-over gains could be a tighter, stronger core.

MODEL Anthony Calligeros | **IMAGES** Dallas Olsen | **EQUIPMENT** CyberFIT

BUILDING A BETTER BODY IS SIMILAR TO BUILDING A HOUSE; THE FOUNDATION MUST BE STRONG IN ORDER FOR THE REST TO BE BIG AND ROBUST. This means that a powerful, strong core is a necessity for your shoulders, chest and limbs to maintain and gain. The core is the middle of your body including the abdominal girdle, middle and lower back, erectors, hip flexors, and glutes. It’s essentially the main pillar from which everything else is attached. The core is also the only part of the body that gives you twisting power, allowing you to roll out of bed every morning! These exercises will provide you with the techniques to creating a well-crafted six-pack and also to improve overall strength and power.

THE WORKOUT

EXERCISE	SETS	DURATION/REPS
Dumbbell Woodchopper	4	10 each side
Lying Back Extension	4	Until failure
Windshield Wiper	4	12 each side
Hanging Leg Raise	4	Until failure



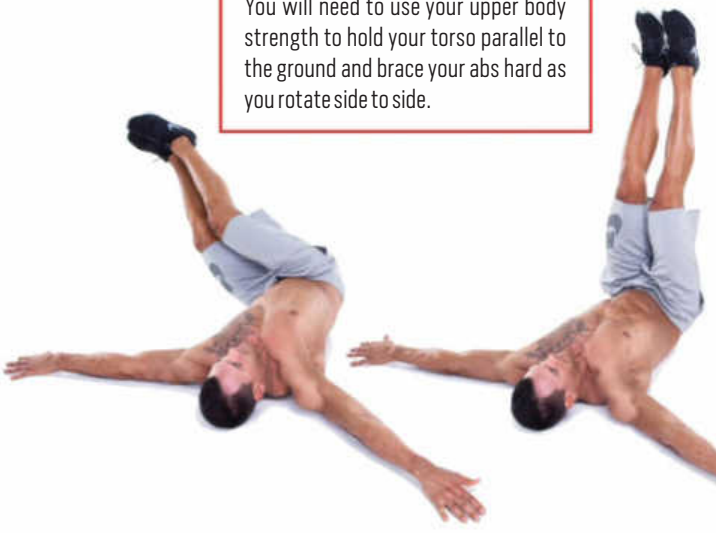
Dumbbell Woodchopper

SET-UP: Grab one dumbbell with both hands and raise it diagonally above your head in a similar motion as you would with an axe (as pictured).

ACTION: Arms kept straight, swing the dumbbell diagonally downwards across your body, reaching as far as you can outside your opposite foot. Maintain tension in your torso as you swing back to the starting point. After 10 continuous repetitions, switch to the opposite side without stopping and repeat for another 10 reps.

TIP: Use a dumbbell heavy enough to bring you to failure by your 20th rep. Place as much stress as possible on the torso but swing the dumbbell hard.

TIP: Make this move harder by performing it on the chin-up bar! You will need to use your upper body strength to hold your torso parallel to the ground and brace your abs hard as you rotate side to side.



Windshield Wiper

SET-UP: Lying on the floor, have your arms by your sides roughly 30cm from the body and lift your legs straight up into the air (a slight bend at the knee is optional).

ACTION: Slowly begin to rotate at the hips and lower your legs from one side of your body to another, keeping a roughly 90-degree angle at the hips. Your legs should come as close to parallel to the floor as possible, and the torso should remain still throughout the movement.





Lying Back Extensions

SET-UP: Lie face-down on the floor, arms fully extended in front and legs fully extended behind you. Stiffen your entire body from fingers to toes.

ACTION: Flex every muscle from shoulders to hamstrings, bending your body backwards and upwards in the shape of a rocker. Return to the floor, rest then repeat higher.

TIP: Visualise yourself as a U-shape. Don't bend at the joints and only arch your back.





Hanging Leg Raise

SET-UP: Hang from an overhead bar with your legs straight and feet together. Flex your lats, abdominals and hip flexors to take up slack in the body.

ACTION: Raise your legs straight out in front of you as high as they will go, touching the overhead bar (if possible). Flex your lats and abs and decelerate as you lower your legs to prevent body swing.

TIP: If you can't raise your feet to the bar, keep trying until you can while also working on increasing your reps.

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HOW TO TRAIN YOUR BRAIN

Use these mental training techniques to create success in all areas of your life

WORDS Geoff Edwards

Each and every one of us has achieved a certain level of success in many areas of our lives. However, taking it to the next level requires a step up in our thinking and mental approach. Behind the success of every Olympic athlete comes years of physical and mental training: the ability to remove distractions, reduce stress and build the focus and stamina that's needed to achieve optimal performance.

"BEHIND THE SUCCESS OF EVERY OLYMPIC ATHLETE COMES YEARS OF PHYSICAL AND MENTAL TRAINING: THE ABILITY TO REMOVE DISTRACTIONS, REDUCE STRESS AND BUILD THE FOCUS AND STAMINA THAT'S NEEDED TO ACHIEVE OPTIMAL PERFORMANCE."

Great athletes succeed because they know how to stay at the top of their game mentally. In the Olympic Games, everyone trains hard - but what separates the gold medallists from the silver medallists is simply the mental game. The following article shares suggestions on how to achieve success in your health and fitness program through mental training.

Visualisation and Anchoring

The ultimate "mental training" technique is visualisation. You can use visualisation by simply closing your eyes and using your imagination to mentally create pictures and run movies of your desired results. For example, you can see the "body of your dreams". If repeated consistently with emotion, mental images are accepted by your subconscious as commands and this helps with changing habits, behaviour and performance.

By using anchors, in conjunction with visualisation, you can stimulate certain reactions and change your overall attitude and behaviour towards success. This is based on recalling past events, feeling the emotion of these events and putting that emotion into an anchor. The feeling of emotion helps you imprint the success of a goal on your subconscious mind, giving you the edge you need in times of challenge. To build that anchor during visualisation, go back to a memory, an experience that relates to your current situation. If you want to build motivation to go to the gym for example, pick previous experiences that closely reflect this context. Clearly visualise this moment in your head, rehearsing the memory vividly to emphasise the points of the memory that created the emotion. Maybe that time was one of strong confidence, or when you were completely involved in the task at hand. Once you have that in your mind's eye, see, hear and feel how it was for you to be totally motivated. If you can see yourself in that mental picture, then step into yourself and become that motivated person and feel that motivation now. When you really feel it, make a physical anchor – for example, clench your fist strongly! Now open your eyes and take that feeling with you, it's yours to keep. The next time you are going to the gym, make a fist just before you need it. It will reactivate the feeling of motivation for you. Keep rehearsing this until every time you think of the moment, you are filled with the exact feeling you are looking for. Anchor important moments so when you approach a new situation, you will already embody the emotion you need to succeed.

Build Your Capability

Knowing what drives you, having emotional power and developing rock-solid capability will create the resilience you need for sustained success and peak performance. Mental toughness is about having resilience when you are thrown the next challenge, rather than buckling under the pressure. To do this you need to build your capability through practice when any new opportunities for change arise. So note how you respond to any challenge and then develop a list of reasons to respond differently. Another technique that is strongly recommended is



22-time Olympic medalist Michael Phelps has been quoted as saying: *"I think that everything is possible as long as you put your mind to it and you put the work and time into it. I think your mind really controls everything."*

Michael Phelps Photo Credit: Mitch Gunn / Shutterstock.com

to think of something that you are very certain about and have someone else ask you a set of questions about your certainty. This creates a concrete personal experience of its impact on you and your beliefs. In addition, one of our biggest challenges on this journey is that internally we ask ourselves consistently disempowering questions - the wrong questions that give us the wrong answers - and therefore we often experience no solution to our problems and then we get upset and stressed easily. Brilliant questions bring about new and empowering decisions which will instantly change your life's path and assist you in living your life to the full with more ease and with less effort and... more certainty!

Emotional Toughness

Consider how much time every day you spend on previous emotional situations and what this would add up to over a week, a year, and 10 years. Even if it is just one hour per day, this equates to approximately five months of your time over 10 years that could be spent on enjoying your life. To gain complete control of your emotions and your life, you must discover your beliefs, change those that are limiting you, and resolve any conflicting beliefs.

With any approach it is always important to acknowledge your success each day as 'success breeds success' and ensure that you are in the present moment. How well we handle (or don't handle) being in the present moment is a reflection of how we handle the rest of our lives. **MMH**

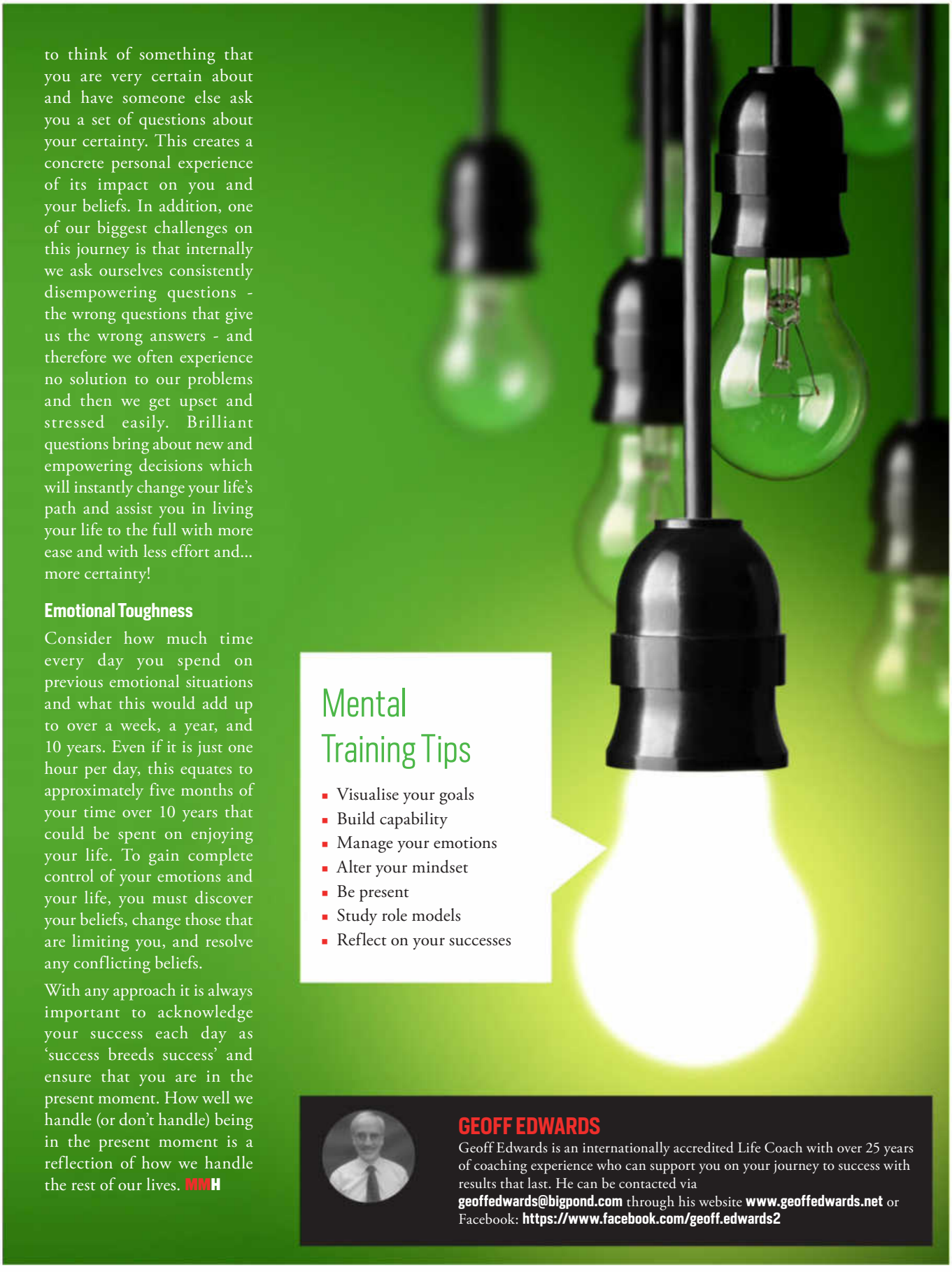


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Mental Training Tips

- Visualise your goals
- Build capability
- Manage your emotions
- Alter your mindset
- Be present
- Study role models
- Reflect on your successes

GEOFF EDWARDS

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via **geoffedwards@bigpond.com** through his website **www.geoffedwards.net** or Facebook: **https://www.facebook.com/geoff.edwards2**

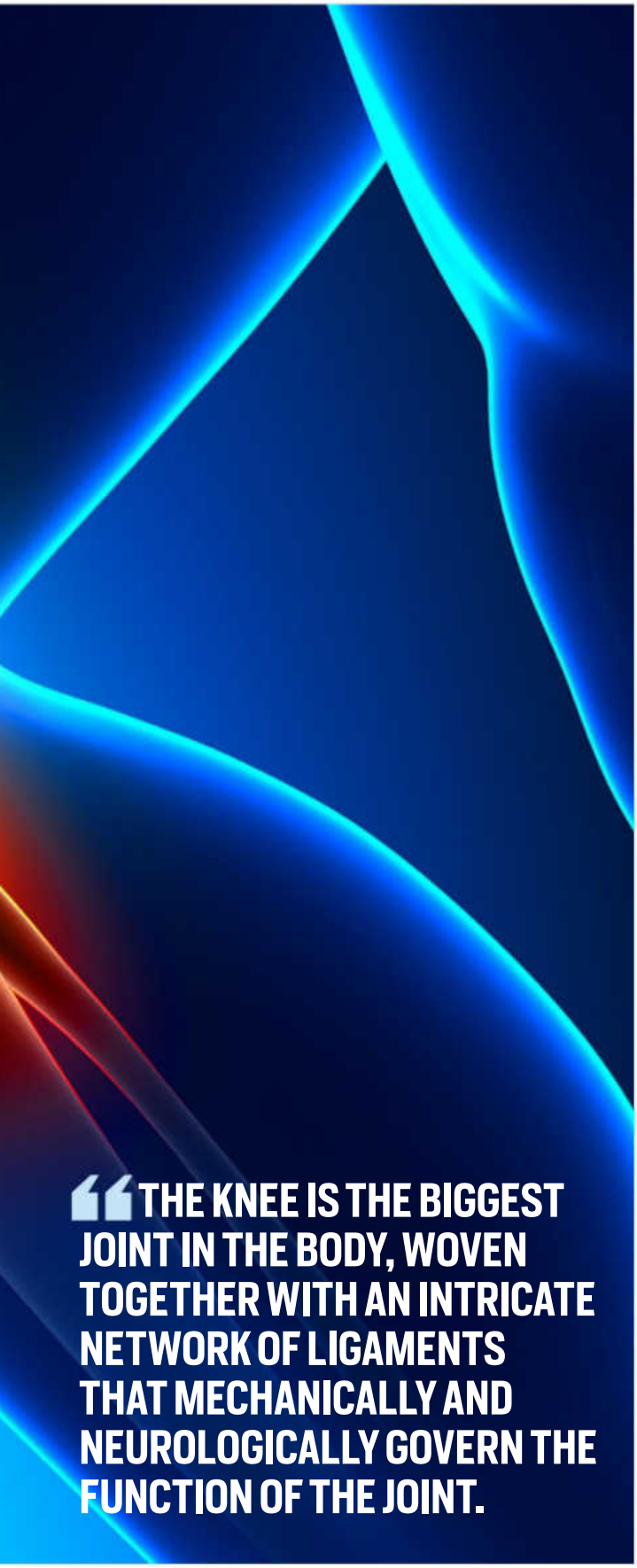


The Knee

WORDS Dr. Matthew Davidson B.Sc., M.Chiro. Director, Hope Island Chiropractic Centre Certified Active Release Technique Provider Member, Member, Chiropractic Association of Australia,Member, Sports Chiropractic Australia

Knee injuries attract more attention than any other injury associated with athletics. The knee is the biggest joint in the body, woven together with an intricate network of ligaments that mechanically and neurologically govern the function of the joint. It is interesting to note that patella pain is the most frequent single cause of knee pain presenting to orthopaedic surgeries – from younger athletes with acute ligamentous, cartilaginous injuries to the older population, presenting with loss of motion and stiffness. It is the most common joint in the body to be injured.[1,2,3]

Photo Credit: Shutterstock.com



“THE KNEE IS THE BIGGEST JOINT IN THE BODY, WOVEN TOGETHER WITH AN INTRICATE NETWORK OF LIGAMENTS THAT MECHANICALLY AND NEUROLOGICALLY GOVERN THE FUNCTION OF THE JOINT.

ANATOMY

The knee consists of three bony components: the femur, the tibia, and the patella. These structures form the tibiofemoral and patellofemoral joint. These articulations come together to form the knee joint as a whole. On the outside of the knee a third articulation is present, the proximal tibiofibular joint, which plays a huge role in lateral stability of the knee by allowing the lateral collateral ligament and biceps femoris to anchor down on it.[1]

Anterior musculature: the anterior group of muscles supporting the knee joint is the quadriceps. These four muscles consist of the rectus femoris, vastus lateralis, vastus medialis and vastus intermedius. Together they function to extend the knee joint. The tendons of all four parts of the muscle unite to form the quadriceps tendon. This tendon attaches to and surrounds the patella or kneecap. This continues as the patella ligament, which attaches to the tibia.[1]

Posterior musculature: the posterior compartment of the knee consists of the hamstrings and is made up of three muscles: the biceps femoris (long and short head), semitendinosis and semimembranosus. Together these muscles make up the bulk of the posterior thigh. Also posteriorly you have the popliteus and gastrocnemius muscles. The popliteus muscle originates on the tibia and inserts on the outside of the lower femur. It is important in the lateral stability of the knee with fibres inserting onto and close to the lateral meniscus. The popliteus also functions in unlocking the knee by internally rotating the tibia on the femur. The gastrocnemius muscle originates at the lateral and medial femoral condyles (the two projections at the lower end of the femur), having two heads of origin. Together with the soleus and plantaris muscle, they form the rest of the posterior musculature of the knee.[1]

THE FOUR MOST IMPORTANT KNEE LIGAMENTS

Medial Collateral Ligament (MCL): This ligament is on the inside of the knee with attachments from the medial femoral condyle to the medial condyle of the tibia. It helps to prevent forces affecting the knee from the outside to the inside (valgus stress), and prevents external rotation of the tibia on the femur. This ligament is very commonly torn in knee injuries.[1,2]

Lateral Collateral Ligament (LCL): This is on the outside of the knee and is a cord-like band extending from the lateral femoral condyle to the fibular head. Together with the popliteus muscle and iliotibial band, it helps prevent forces affecting the knee from medial to lateral (varus stress).[1,2]

Anterior cruciate ligament (ACL): Together with the posterior cruciate ligament it forms a crossed arrangement in the knee. The ACL originates from deep within the notch of the distal femur. Its proximal fibres fan out along the medial wall of the lateral femoral condyle. There are two bundles of the ACL - the anteromedial and the posterolateral, named according to where the bundles insert into the tibial plateau. This orientation of attachments allows the ACL to resist anterior translation and medial rotation of the tibia, in relation to the femur.[1,2]

This is the most commonly torn ligament in the knee with over 100,000 reconstructions occurring in the US each year.[4]

Posterior cruciate ligament (PCL): Connects the posterior intercondylar area of the tibia to the medial condyle of the femur. The PCL gets its name by attaching to the posterior portion of the tibia. This configuration allows the PCL to prevent posterior displacement of the tibia on the femur. It also prevents hyperflexion of the knee joint.[1,2]

THE MENISCI

There are two menisci in the knee, the medial and lateral. The medial meniscus possesses a "C" shape and the lateral is more "O" shaped. The meniscus is divided into three portions: the centre or body and the two ends, the anterior and posterior horns. Both menisci slide with flexion and extension of the knee. The meniscus moves posterior with flexion (knee bending) and anterior with extension or straightening of the knee. The medial meniscus is the less mobile of the two and therefore more susceptible to injury.[1]

STRENGTHENING

For suggestions on strengthening the knee and its surrounding muscles see the Body Part Explained articles on Quadriceps and Hamstrings in issues 7 and 3.

WHAT CAN GO WRONG?

Due to the amount of information possible in this section, only anterior cruciate ligament (ACL) injuries will be discussed.

ACL Tears

The ACL is composed of two separate bundles: the anteromedial and the posterolateral bundles. Anterior cruciate ligament injuries can caused by hyperextension and/or sudden quadriceps contraction associated with sudden stopping or cutting. The ACL can also be injured with other tissue, particularly if the athlete has been hit from the side.



May 12, 2011: *Tiger Woods was forced to withdraw from The Players Championship after an injury to his knee. He missed the next two months, including two majors.*

Tiger Woods Photo Credit: Tony Bowler / Shutterstock.com

The athlete usually remembers hearing a "pop", and swelling is typical within two hours mainly due to damage or tearing of the middle geniculate artery that runs alongside the ACL. Loss of motion is almost immediate, and the athlete is unable to bear weight.[4,5]

Contact injury with a rotatory component is most likely to damage the ACL and structures such as the meniscus, and/or the medial collateral ligament. When an ACL tear occurs it is mainly in the mid-substance of the ligament.[2]

Treatment: The natural history of an ACL injury without surgical intervention varies from patient to patient and depends on the patient's activity level, degree of injury and instability symptoms.[4]

The prognosis for a partially torn ACL is often favourable, with the recovery and rehabilitation period usually at least three months. However, some patients with partial ACL tears may still have instability symptoms. Close clinical follow-up and a complete course of physical therapy helps identify those patients with unstable knees due to partial ACL tears.[1,2,3,6]

Complete ACL ruptures have a much less favourable outcome. After a complete ACL tear, some patients are unable to participate in cutting or pivoting-type sports, while others have instability during even normal activities, such as walking. There are some rare individuals who can participate in sports without any symptoms of instability.[1,2,3,6]

Instability leads to surgery by an orthopaedic surgeon, where stabilisation with local tendons or synthetic materials is often performed. Today, knee surgeons performing ACL reconstruction have a wide array of technical considerations, graft choices and fixation techniques that enable them to specifically tailor each reconstruction to each patient's anatomy and specific needs.[6] MMH

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SUN'S OUT! GUNS OUT!

With summer well underway you'll be feeling the heat – but don't let that stop you from looking stylish as you hit the street, beach or music festivals.

WORDS Craig Lawson

It's time to make a splash and show off those guns you've been working hard all year for. While temperatures may soar, you can remain comfortable and cool as you enjoy the great Australian summer in style.

MUSIC FESTIVALS

The tunes are pumping and the sun is out, feel the rhythm and dance to the beat with these smooth fashion tips. First up, it's all about comfort so opt for clothing that hangs loose to keep you cool in the heat of the day. Baggy tees, muscle singlets and tank tops are popular favourites - but let's face it, you've been shredding for this event so that top isn't going to stay on long anyway. To up the festival vibe, go for loud prints and crazy slogans on tees to really express your individual style. Team them with denim or light cotton shorts for dance-all-day comfort or to really stand out from the crowd, go for bold-coloured shorts – let's face it, you're not there to blend in. Trainers are essential to have you bouncing all day long and adidas have an excellent selection that are super light to wear and will keep those feet happy.



HAZE Eyewear
Left: BRAD, RRP $319.00 | Right: BABY, RRP $349.00
Available from www.haze.net.au



Milan Floral Sublimation Tee
RRP $24.00
Available from www.boohoo.com

BEACH ESSENTIALS

Show off that ripped body you've been working hard for when you hit the sand and surf. One brand making waves this summer is Sluggers, and Aussie model and former Sydney Roosters player Casey Conway is the face of their summer campaign. The bathers are tight in the back and loose in the front, making them a flattering choice for men at the beach or pool. Flip flops are great summer basics, except they can become a slip n' slide when sweaty or wet. As an alternative, go for leather sandals with crossover straps to stay on foot and on trend. Sunglasses are a must-have so look for tinted lenses for a nice reflective vibe and choose solid frames and quality lenses that will last. Top it off with a baseball cap to shade your eyes from the sun when you kick around a footy or have a hit of cricket or beach volleyball with your mates.



Rodd & Gunn
Shag Point Short DUSK
RRP $119



Rodd & Gunn
Turnbulls Bay PAPRIKA
RRP $119



Rodd & Gunn
Bluefin Way Short MARINE
RRP $119



Sluggers
Hokusurf Classic cut
RRP $44.45



Mossimo
Script Thong
RRP $19.95



Rodd & Gunn
Darley Sports Fit Shirt
RRP $159.00

STREET STYLE

There is a strong direction for sporty, beach and relaxed clothing in street fashion; however the key is finding the right fit to enhance your body shape. Polo shirts are a wardrobe staple that ooze masculine charm so make sure you have a selection on standby in different colours. Linen is the fabric of choice as it breathes with ease and allows air to flow, it feels great against the skin and has a nice crinkled look – no ironing required. Short sleeve shirts are back in a big way and to show you're fashion smart, just roll the cuff up for extra sex appeal (and to show off those biceps). Cargo trousers are great summer pants; just don't overload the added leg pockets as this can look daggy. Distressed denim is making a return to the fashion scene, too; team it with an old school band tee for a grunge vibe.

With these tips in mind, get out there and catch those rays in style!
MMH



Diagonal Spliced Polo RRP $20
Available on www.boohoo.com


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2014 Australian Award Winner – Best New Moisturiser and Best New Shaving Cream/Gel.
Photographer: Kevin McDermott

HOW TO SAY NO



Photo Credit: Shutterstock.com

Learn how to express what you want while still remaining respectful to others

WORDS Kate Swann & Kristina Mamrot, Psychologists and Authors, www.pscounselling.com.au

HOW GOOD ARE YOU AT ASSERTING YOURSELF?

Can you say no in a firm and believable way? Or do people question your decisions and try to talk you into things? Or worse, do you question yourself, feel guilty, and end up agreeing to things that don't suit you? Assertiveness is all about expressing your thoughts, feelings, beliefs, and opinions in a manner that is respectful of others.

Can you think of someone you know who has assertiveness nailed?

Assertive people make wonderful friends, partners and colleagues. You always know where you stand with them, and you're not afraid or hesitant to ask them to do something for you. An assertive person won't agree to do something that you're sure is really inconvenient, or that they really don't want to do. That's a passive person. Likewise, an assertive person won't yell at you for asking them to do something, or put you down so you feel stupid. That's aggressive, not assertive.

So what is the difference between an assertive person and a passive person?



Photo Credit: Shutterstock.com

Characteristics of assertive people

- Keep their message brief so it doesn't get clouded or confused
- Are honest without being rude or offensive
- Use I words instead of you words. *"I feel irritated when I'm interrupted in the middle of a thought"*, verses *"You really piss me off when you interrupt me"*
- Speak with warmth – friendly but firm
- Maintain open, friendly body language
- Make eye contact in a confident manner
- Don't apologise for saying no or not agreeing with someone
- Manage their stress levels when they want or need to assert themselves

Characteristics of passive people

- Give you so many reasons why they're asking you to put yourself out for them, it gets confusing, and you're worn out explaining it's not a problem
- Are afraid of giving you an honest answer in case they offend you – they'll try and tell you what they think you want to hear
- Use I words, but in a timid way – they'll apologise for themselves, find it difficult to make eye contact, and back down so fast your head will spin
- Speak in a quiet, timid voice
- Use body language that makes them appear vulnerable – too open, too deferring, or they'll make themselves look as small as they can, or even invisible
- May have difficulty with eye contact
- Apologise for their existence, and start sentences with, "I'm so sorry"
- Are clearly stressed and worked up if they need to ask for something



Remind you of someone you know?

Passive people often need a lot of propping up. Their friends, family and colleagues wear themselves out with helping them feel confident. Now let's take a look at a third communication style – aggressiveness.



Photo Credit: Shutterstock.com

Aggressive people

- Bark orders in a *'don't mess with me'* manner
- Don't care about whether their manner is rude or offensive – they're seemingly oblivious
- Use you words: *"You really piss me off when you interrupt me"*, or I words in a threatening manner
- Speak with coolness and sometimes disdain
- Have closed or dominant body language: arms crossed defensively, taking up more room than is necessary, standing when everyone else is sitting
- Make eye contact in a distressing way – staring you down so you need to look away
- Are completely incapable of saying the s word – *I'm sorry*
- Create stress for others every time they enter a room

Are you thinking of someone you know? Are your stress levels rising?

Take a moment to think about the three people who came to mind as you've been reading: the assertive person, the passive person and the aggressive person. My guess is: one makes you feel warm and valued, one makes you feel heavy and worn out, and one makes you feel stressed and nervous.

So do you have these three communication styles clear in your head? You can think of these as being along a continuum. Aggressive people are up one extreme end, while passive people are the extreme on the other end. Assertive people are nicely placed in the centre. Because it's a continuum, a person's communication style can be anywhere along the line. Where do you want to be? My guess is smack, bang in the middle. But how do you know if your communication style is too aggressive, or too passive?

Have a good think about the list on the left. Could your communication style be aggressive? Is that really how you want to live your life?

Signs you are too aggressive include when:

- People look visibly nervous when you're in the room
- People struggle to make eye contact with you
- People disappear as soon as you finish talking
- Few disagree with you
- People apologise a lot to you
- You suspect quite a few people don't like you

Let's now take a look at the signs you are too passive.

- People look tired or worn out around you
- You're aware the attention of others starts to drift while you're talking to them
- You start wondering if people are avoiding you
- Everyone says you need to work on your self-esteem or confidence
- People are always trying to build you up
- You suspect people use you, and this makes you feel resentful
- You feel guilty all the time, especially when you need to ask for something
- Life feels very stressful

Take a good look at this list. Could this be you? Is it time to make some changes to your life and your communicating style?

Like any life skill, assertiveness needs to be practised. Remember that it's your right to express yourself, and to feel heard and understood. You can't go wrong if you aim for the middle ground of assertiveness. Think grey, not black or white. **MMH**

HOW WELL DO YOU SCRUB UP?



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Become an AWESOME Man

The Awesome Man Project is a nine-week intensive e-course that is run three times a year and is the only one of its kind in the world. With limited spaces each year and highly skilled contributors, it is a much sought-after experience. We interview the founder of The Awesome Man Project John Templeton (JT) and find out what it is that makes this e-course so exciting.









Hey JT, can you start off by telling us how The Awesome Man Project came about?

The Awesome Man Project was born through my relentless quest to want to better myself. I kept asking myself 'What am I on earth for, what is the meaning of life and what can I do to improve my quality of life?'

Over the years I tailored my life the exact way I wanted, but most importantly I learned that the best thing you can do with your life is to help others improve theirs.

I see so many people just getting by and living day to day, not really moving forward and excelling. It's not right; everybody has the opportunity to excel and live a happy life filled with positivity and quality. I'm tired of people choosing average; I want to help people grow and choose to be awesome!

Wow, that's pretty cool. You said you tailored your life, what do you mean?

I mean I live life by my own rules, the way I want. It's complete freedom. Answer this: if you could be truly happy, very fit and healthy, have a contagious personality and an abundance of energy, have a heart full of love and kindness, have enough money to eat good food, wear nice clothes, have a big house and nice car, support family and friends as well as travel the world and experience things very few people get to experience… would you?

Yes...

Of course you would.

Well, I was born a normal human, my family is not wealthy, EVERY member of my family smoked and drank, I was expelled from school at 16 and I took drugs and partied on a very regular basis.

If I can tailor my life, I KNOW there are thousands of people out there who can too and I want to help them do that.

Ok, so The Awesome Man Project is all about tailoring your life?

Yes, I guess it kind of is. It's about becoming the best version of yourself.

I look at people living normal lives and I cringe knowing that there is a better way.



I look at rich people who are overweight and think to myself: you're rich but you are not awesome. Then there are fit, good-looking people who are jerks; they have good bodies but they are not awesome.

Nobody is perfect, I get that, but we can always be a bit better and I think we should try to be a bit better every day. Time passes whether you are improving or staying the same. The only difference is that when the time has passed, the people who were improving grow into awesome human beings while the people who watch time slip by remain average.

So what would you say an awesome human being is?

Someone who lives with passion and has an energy about them that lifts everybody up when they are around. Someone who gives more than they take, who helps others and is happy regardless of the circumstances. It's all about positive traits, good manners, being polite, open-minded, grateful, friendly, kind, caring and loving. That is an awesome human.

But why stop there, why not now make that human fit, healthy and wealthy?

That is why it is called The Awesome Man Project, you can't really pinpoint what it is that makes an awesome human. It is a whole lot of things that create general awesomeness.

So tell us more about the e-course...

The e-course is nine weeks long and we focus on a new module each week. The modules range from Attitude and Ego right through Style, Finance, Sex, Communication, Training, Nutrition, and Etiquette. Each module involves video and written content so you are learning from the comfort of your own home. I have sought some of the best specialists in their field to contribute so the knowledge is world-class.

During the course you will have a workbook and homework to complete, and as well as access to a private forum and weekly webinars where I will answer your questions.

The best part is that once you have done the course you become a lifetime member, and if the course content gets updated then you will always have access.

It honestly sounds too good to be true, can people really change in nine weeks?

Absolutely they can, I've seen people change in nine seconds. The best-case scenario is that people take massive action, change their life permanently and go on to positively influence the world. Worst-case scenario is that a seed will be planted in someone that will start to grow when they are ready.

People can change, I see it all the time, they just need the right tools for the job, and that is what The Awesome Man Project is all about!

Thank you for your time JT, any last words?

Don't be the 95 per cent that just exist, join me and become the five per cent that excel!

For more information visit **www.theawesomemanproject.com**



PAIN IS A PAIN

Could a TENS machine offer you short-term or long-term relief?

WORDS Stent Card (MPhty, BExSc)

PAIN WILL AFFECT EVERYONE IN ONE WAY OR ANOTHER THROUGHOUT THEIR LIFE. PAIN CAN BE POSITIVE, IN THAT IT INFORMS US OF DANGER. PAIN CAN BE A NEGATIVE WHEN IT LASTS LONGER THAN EXPECTED. ALTHOUGH SHORT-TERM, ACUTE PAIN CAN STILL BE VERY CONCERNING AND POWERFUL. PAIN CAN ALSO CAUSE STRESS AND WORRY.

Therefore it is important to understand that in most cases acute pain will settle if you follow some best-practice strategies guided by your physiotherapist or health professional.

It is when pain does not settle that the term 'chronic pain' is used. Chronic or persistent pain is a complex issue that has a profound effect and can be very debilitating. Persistent pain is classified when a condition persists beyond the normal expected healing time frame and is felt on a daily basis for three months or more in the previous six months.[1]

It is a very common condition, with more than 3.2 million Australians suffering persistent pain. The cost of persistent pain is estimated at more than $34 billion or close to $11,000 per sufferer. These costs are calculated based on the way pain affects work productivity, burden of 'disease' and the cost on the health care system.[2]

Persistent pain is a very serious issue and in some cases can unfortunately lead to family breakdowns, destroyed relationships, unemployment and depression. Therefore there are many pharmacological, physical and surgical treatments available that are frequently employed in the pursuit of pain relief. Pain is a very complex biopsychosocial issue, meaning that there are many factors which affect pain. These include biological, psychological and social. All three aspects need to be addressed for persistent pain to be managed well.

TENS

Some medicine trends can be traced back hundreds of years. Stone carvings depicting fish with electrical currents being used to treat pain show a similar concept to Transcutaneous Electrical Nerve Stimulation (TENS). A doctor from the Roman Empire was apparently the first to document that standing on an electric fish could relieve pain.[3]

TENS is used by many suffering pain. Since its introduction in the scientific literature in 1967 people have been using it to control pain. Pain, however, is a complex beast and there is much conflicting evidence as to the effectiveness of TENS.

The positive of TENS is that it is not a form of 'pain killer' medication. It is the use of a non-addictive, non-invasive piece of equipment that provides electrical current via electrodes, which are placed on the skin. Other positives of TENS are that it does not interact with medication or make you drowsy and there are very few to no side-effects. A TENS machine is a small, portable, battery-operated device that is connected to the body using wires attached to little pads. Out of these pads, little electrical shocks are transmitted to the body. The main goal is to reduce pain via interrupting pain signals.

The website Patient has explained how TENS works very simply below.

- Transcutaneous - means through the skin.
- Electrical - TENS machines deliver small electrical pulses to the body via electrodes placed on the skin. TENS machines are thought to affect the way pain signals are sent to the brain.
- Nerve - pain signals reach the brain via nerves and the spinal cord.
- Stimulation - if pain signals can be blocked by the tiny electrical shocks from the TENS machine then the brain will receive fewer signals from the source of the pain[4].

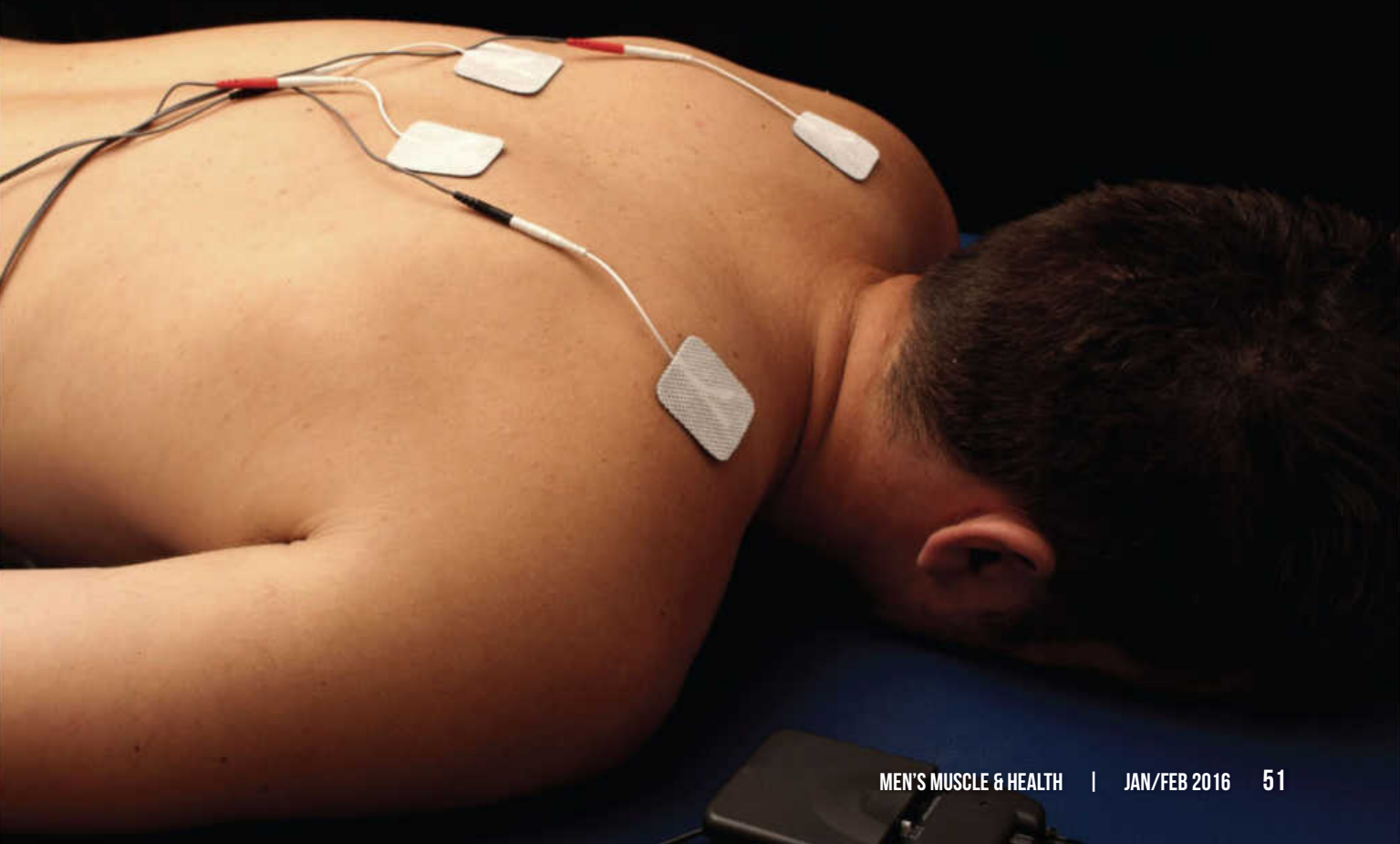


Photo Credit: Shutterstock.com

How does it work?

TENS is thought to work due to the electrical stimulation it provides to the body. The intensity with which TENS is applied is very important. TENS needs to be always delivered at a strong but comfortable intensity and it may need to be increased throughout the time of use to maintain this feeling. Studies suggest that increasing intensity daily by 10 per cent reduces the onset of what is known as analgesic tolerance. This is the tolerance to the TENS stimulus therefore decreasing its pain-reducing effectiveness.

The TENS machine works by two pulse rates. These varying frequencies activate different mechanisms to aid pain reduction. There is a high or low pulse rate that you can select on the device. A high pulse rate of 90-130 Hz is classified as the most common. On the other hand there is a low pulse rate of 2-5Hz.

For comfort and tolerance, the higher pulse is usually selected first. There is thought that altering between the two frequencies is beneficial to delay tolerance build-up. It is also stated that if someone is taking strong opioid pain medication - such as morphine or oxycodone - then high-frequency pulse rate may be more beneficial[5].

The high pulse rate works via the electrical signals created by the TENS machine disrupting pain messages being sent to the brain. It is thought that pain signals can get to the brain via a gate mechanism. Theoretically, TENS closes this gate, thus pain signals are blocked. The brain is processing the TENS machine impulses and not listening to the pain signals sent elsewhere from the body, which are at a slower frequency. This works in a similar way to when you rub a sore area and the pain reduces temporarily[5].

What happens when using a low pulse rate? The body actually creates chemicals which ease pain. These are known as endorphins and they act to somewhat block pain messages[5].

TENS may be used with people who have persistent pain; however, people must adhere to the following guidelines.

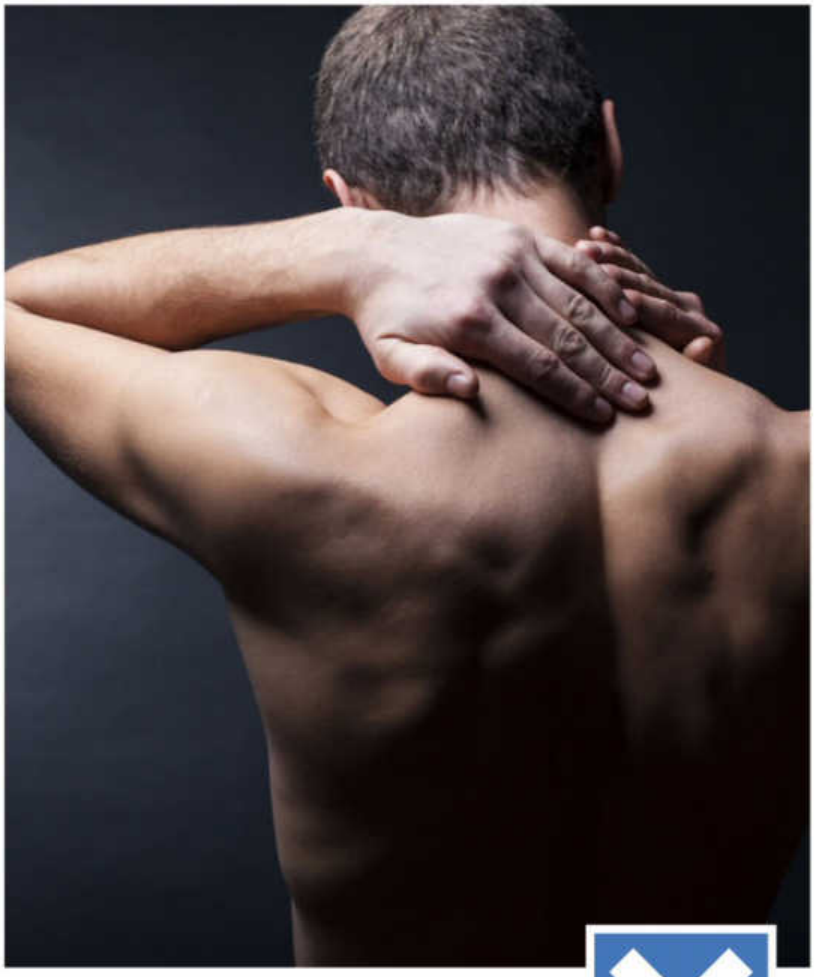


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TENS is NOT suitable for use

- On the front of the neck
- On broken skin areas or wounds
- Over a tumour or malignancy
- Over a pregnant uterus
- Over a cardiac pacemaker
- Through the chest using an anterior and posterior electrode position
- Internally
- When driving or operating machinery

There are many cautions that need to be followed when using TENS. Apart from understanding and following the instructional manual, caution must be taken[6].

TENS should be used with caution

- On areas of numb skin/decreased sensation
- Over an area of infection
- In people with epilepsy

Fix me, fix me...

The big question is whether TENS actually fixes anything. The answer is most likely no. However, it can still be very helpful to provide short-term relief. TENS will work straight away. Minimum prescribed usage time is 30 minutes and it has been stated that you may use the TENS for up to two hours per day and two to three times daily. TENS has its effect mainly when it is turned on and in contact with your skin. Once you remove the TENS, pain relief may end immediately or continue for 20-30 minutes. This is very individual to each user. I have had a few clients inform me that they would get a pain-free day after using it twice for 20 minutes in the morning. However there may have been many other factors involved in the pain relief. You should trial for yourself and not just listen to what your friend or family member has said.



Long-term fix?

By itself, TENS is not considered curative. You cannot expect its effects to be observed for weeks, months or years after stopping stimulation. It is designed for symptomatic relief or management of persistent pain. People may say that they got better using TENS, however it is most likely that time aided their healing.

Its effectiveness is not proven in research, and while no one can argue with individual experience, the research on best practice for managing back pain for example does not even suggest the use of TENS[4,8,9]. TENS will only "distract" you from the pain while it is on and sometimes shortly after it is taken off. Pain is a very serious issue and needs to be managed by you with guidance of your doctor and therapist.

If you go to a physio with an acute injury and they put TENS on you for pain relief then consider this a very poor form of treatment. Discuss with your therapist why they chose that form of treatment. The main issue arises when some physios put a TENS machine on you and then treat someone else. This type of treatment luckily is being phased out as it is not a choice of best practice.

Instead of just relying on someone or something to fix your pain, research suggests that people suffering persistent pain cope better when they take responsibility for their pain management.

Photo Credit: Shutterstock.com

More tips for pain management

- Increase the number of rests rather than the length
- Lower stress as it can increase your sensitivity
- Use whatever modality helps you
- Temporarily cease aggravating activities
- Work to the pain, not through it
- Gentle, pain-free exercise utilising areas that move well
- Movement as medicine
- Utilise medication well at regular intervals and especially at the start of a flare-up
- Remain positive

For more tips like these visit **www.knowpain.co.uk**

Summing it up

Pain is a very complex issue with many factors involved. Some methods for pain relief work better than others. TENS is a well known tool in society that at best provides only a short-term symptomatic relief from pain. Correct treatment of persistent pain involves a change of mindset and is a very complex task, yet achievable. Like a chronic disease such as diabetes, pain can continue throughout life. However, if you have the knowledge on managing flare-ups then you can take back control. When in acute pain seek appropriate guidance from a physiotherapist or doctor to minimise the chance of it terming into persistent pain. Best of all try to stay positive!

Happy, heavy and safe lifting. MMH

If you have any training or any particular injury questions you can contact myself, Stent Card on social media Facebook: ***www.facebook.com/TheRehabman*** *or Instagram:* ***STENTCARD.*** *You can also contact me in person at Kawana SportsCare on the Sunshine Coast (07)54442133.*

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lift longer, grow stronger

Amino acids and their importance in your workouts

WORDS Will Shannon

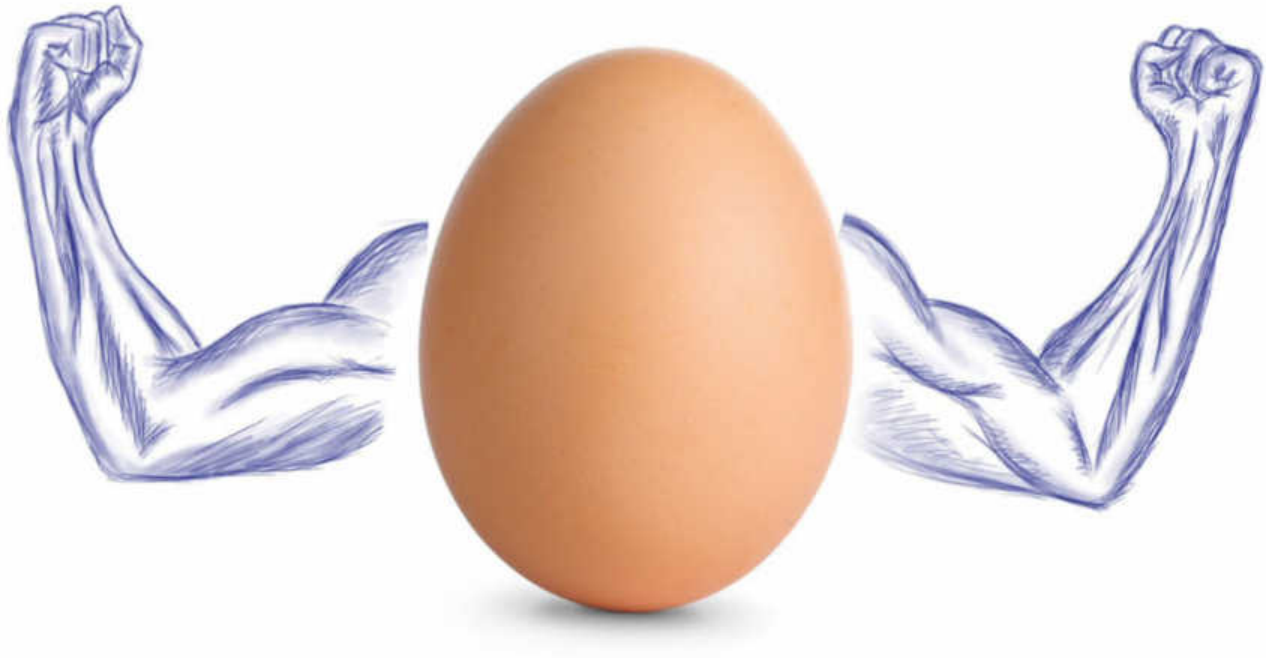


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Amino acids are the building blocks of protein and also give the body nitrogen. When protein is digested it is then broken down into specific amino acids that your body uses for certain purposes including building body tissue in the skin, bones, eyes, heart and muscle.

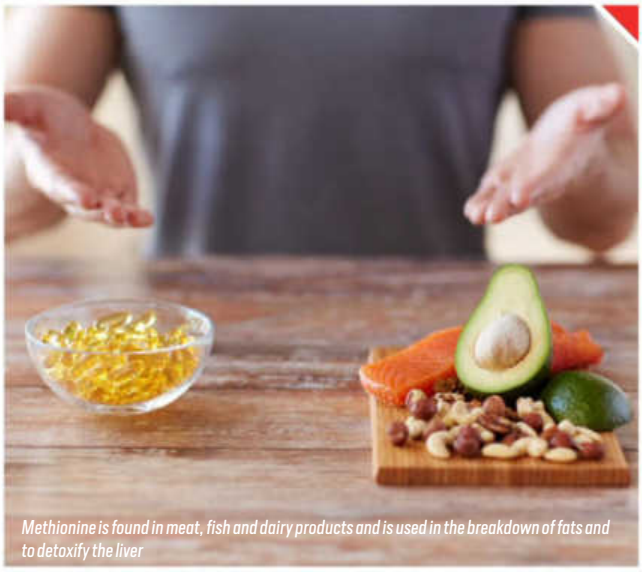
It's important to be aware of amino acids when exercising as they are the foundations of muscle growth. The reason it's suggested to take protein shakes (which often contain key amino acids) straight after exercise is because muscles are especially receptive when the blood flow to the exercised area remains relatively high.

Amino acids are classified as either essential or non-essential depending on whether they can be synthesised by the body on its own or obtained from our diets.

Essential Amino Acids

Essential amino acids must be obtained from our diet as our body cannot synthesise them on its own. Some common essential amino acids are listed below.

// **Histidine** is a precursor to the non-essential amino acid histamine, which is used in the immune system. It is involved in a wide range of metabolic processes in



Methionine is found in meat, fish and dairy products and is used in the breakdown of fats and to detoxify the liver

Photo Credit: Shutterstock.com

the body and is used to treat rheumatoid arthritis, allergic diseases, ulcers, and anaemia caused by kidney failure or kidney dialysis.

// Isoleucine regulates blood sugar, helping to keep energy levels stable. It can also help heal and repair muscle tissue, and increase endurance. This is often found in post-workout proteins.

Utilised in the liver, adipose tissue and muscle tissue, leucine is the only dietary amino acid that has the capacity to stimulate muscle protein synthesis. Look out for this one in your dietary proteins.

One of only two amino acids that are classified as acidic, lysine aspartic acid is used in protein absorption. It has also been shown to improve athletic performance and to prevent and treat cold sores. Good sources of lysine are high-protein foods such as eggs, meat (specifically red meat, lamb, pork, and poultry), soy, beans and peas, cheese (particularly Parmesan), and certain fish (such as cod and sardines).

// Methionine is found in meat, fish and dairy products and is used in the breakdown of fats and to detoxify the liver. Other uses include treating depression, alcoholism, allergies, asthma, copper poisoning, schizophrenia, drug withdrawal and even Parkinson's disease.

// Phenylalanine comes in three different forms, but only L-phenylalanine is an essential amino acid, and is found in foods such as meat, fish, eggs, cheese and milk. It is used to treat depression, attention deficit-hyperactivity disorder (ADHD), Parkinson's disease, chronic pain, osteoarthritis, rheumatoid arthritis and alcohol withdrawal symptoms.

Used to treat various nervous system disorders, threonine changes in the body to a chemical called glycine which helps to reduce constant and unwanted muscle contractions.

// Tryptophan is a precursor to serotonin, which is a hormone that transmits signals between nerve cells and can alter mood and is associated with feeling good. It is used to treat insomnia, sleep apnoea, depression, anxiety, ADHD and to improve athletic performance.

Assisting the body in breaking down proteins for use in healthy cells, proline increases the production of collagen, improves the texture of skin, prevents loss of collagen and spurs new cell formation. It also aids in recovery during times of soft-tissue trauma, injury and wound healing.

// Serine aids metabolism and is the precursor to amino acids such as glycine and cysteine. It is a great example of how amino acids can aid in weight loss.

Non-Essential Amino Acids

The body is able to make non-essential amino acids, so they don't need to be obtained from food. However, the body's ability to produce them can be inhibited by environmental factors such as exposure to toxins and pollutants.

// Alanine can affect blood sugar levels and is used to treat low blood sugar (hypoglycaemia), diarrhoea-related dehydration, liver disease, fatigue and stress.

One of the 20 most common natural amino acids on Earth, asparagine can be found in dairy, whey, beef, poultry, eggs, fish, lactalbumin, seafood, asparagus, potatoes, legumes, nuts, seeds, soy and whole grains.

Often called a brain food for its ability to pass through the blood brain barrier, glutamine is used to treat depression, moodiness, irritability, anxiety, insomnia and to enhance exercise performance.

// Glycine is involved in the transmission of chemical signals in the brain and is used by the body to make proteins. **MMH**

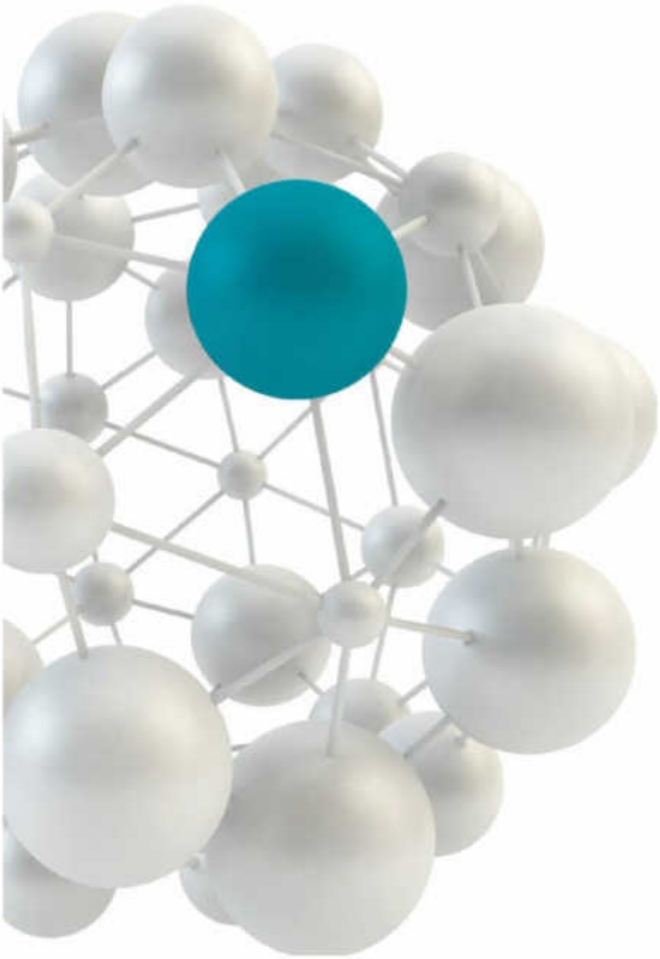


Soy is one of the 20 most common natural amino acids on Earth.



WILL SHANNON

Will Shannon is the President of the Australian Complementary Association and a leading Australian iridologist and naturopath. For more information or to book an appointment with Will, visit **www.willshannon.com**



POWER YOUR CELLS

Nutritional supplementation with ubiquinol may support improved physical performance

WORDS Stephen Eddey

The role of antioxidant nutrition in athletic performance has been a rapidly evolving area in the field of sports nutrition over the past decade, with numerous studies showing antioxidant support to be beneficial for overall performance according to the Nutraceutical Business Review (Europe).[1]

Ubiquinol, which is the active and direct form of Coenzyme Q10 (CoQ10), is found naturally in the body and plays a vital role in supporting cellular energy, powering your cells - particularly in your major organs such as the heart, liver and lungs. It is considered to be one of the strongest antioxidants providing support against oxidative stress, supporting cardiovascular and overall immune health.

As we age, the concentration of ubiquinol in the body decreases year by year, indicating that it has a close relationship with ageing. If you're under stress or overly exert yourself physically your body's natural ubiquinol levels may become depleted, leaving you feeling foggy or fatigued.

The energy-supporting properties of ubiquinol have been well documented, with around 95 per cent of aerobically generated energy within our body's cells produced by ubiquinol. A recent study performed on 21 rugby players showed that nutritional supplementation with ubiquinol may support improved physical performance by influencing oxidative status and mitochondrial function.[1]

The double blind crossover study randomised participants to take either 200mg of ubiquinol per day or a placebo. Blood plasma samples were taken before and after intense physical exercise provided by a 40-minute run on a treadmill at 80 per cent of their maximum heart rate.

The group taking ubiquinol showed less of a decrease in total coenzyme Q10 plasma levels. The results of the study show that ubiquinol supplementation for nutritional purposes may have benefits, by aiding faster recovery, better adaption and enhanced energy. In a further double blind placebo study published in the *Journal of Sports Nutrition* (2013) with 100 German athletes, those who were given ubiquinol for six weeks of training demonstrated higher levels of muscle power compared to those who did not receive the supplement.[2]

The study also indicated that the results were likely to be broader and ubiquinol may have benefits for 'weekend warriors'.

Ubiquinol can be found in food sources, however in order to achieve the minimum dosage (100-150mg per day), you would need to consume 3.4kg of meat, 5.7kg of chicken, 1.6kg of peanuts, 50 cups of spinach or 120 cans of sardines! When indicated, supplementation may be a good alternative choice. **MMH**

Photo Credit: Shutterstock.com



STEPHEN EDDEY

Stephen Eddey is a qualified nutritionist and naturopath and is the principal of Australia's longest established natural medicine college, Health Schools Australia. He has completed a Bachelor of Complementary Medicine as well as a Masters in Health Science.

References

[1] Antioxidant Protection For Best Performance: *Nutraceutical Business Review*: November 2014

[2] Ubiquinol supplementation enhances peak power production in trained athletes: a double-blind, placebo controlled study, Alf D, Schmidt ME, et al, *J Int Soc Sports Nutr*, 2013 April 29; 10(1): 24. (Address: Stefan C Siebrecht, Olympiastützpunkt Rhein – Ruhr, Wittekindstrasse 62, Essen 45131, Germany. E-mail: siebrecht-stefan@t-online.de).

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TRX BODY RENOVATION

Build muscle with this full body TRX Suspension Trainer programme

IMAGES Dallas Olsen | **MODEL** Taylor Kleinberg | **LOCATION** World Gym Southside

Tired of weight machine circuits, dumbbells and barbells? We don't blame you! The same workout can sure get boring overtime, plus our bodies don't reap many benefits by continuing the same workout over and over again. If you're after something new and effective, we have just the thing – TRX.

TRX suspension training provides a full-body workout by combining strength and flexibility all in one. Though some may not realise it, you don't have to use a massive stack of weights to build muscle. You also don't have to be grunting the loudest or throwing the weights down the heaviest.

Suspension training can be just as, if not more effective than, weights as you will be using your own body weight at different angles to engage more muscle groups. A single-arm row or chest flye is taken to the next level as it not only works the usual muscles, but also all the muscle in your core as you stabilise yourself for the duration of the move.

A strong core is vital to lifting weights or carrying out daily tasks and TRX is a great way to strengthen your core and other muscles for that matter. Just make sure you focus on keeping your core tight until it becomes second nature - otherwise you could lose balance and be the heavy weight crashing to the floor.

THE WORKOUT

EXERCISE	REPS	SETS
TRX Inverted Row	8	3
TRX Single-Arm Low Row	8*	3
TRX Overhead squat	8	3
TRX Single-Arm Curl	8-10*	3
TRX Incline Press	8**	4
TRX Pike	8-10	3
TRX Body Saw	8	3
TRX Hamstring Curl	8-10	3
TRX Chest Flye	8	3

**Per arm | **Alternate suspended leg each round*



THE MOVES





TRX Inverted Row

SET-UP: Starting with the straps shortened to one-third of their full length, take hold of the handles and slowly walk your feet underneath until your torso is almost horizontal to the floor (as pictured). Arms are outstretched while shoulders are down and back.

ACTION: Using your lats, retract your shoulder blades and pull yourself up so that your chest reaches the handles. Extend your arms slowly to return to the starting position.





TRX Single-Arm Low Row

SET-UP: Starting with the straps fully shortened as far as possible, take hold of both handles in one hand and walk your feet underneath the anchor point. Lean back with your working arm fully extending yet not completed locked out.

ACTION: Retracting your scapula, bend your working arm and pull your body towards the anchor. Pause at the top of the movement before extending your arm slowly to return to the starting position.

TRX Overhead squat

SET-UP: Starting with the straps at mid-length (handles at 50 per cent of the unit's total length), place the backs of your hands in the cradles.

ACTION: Pull your arms back as you lower into a full squat. To return to standing, drive through your heels and squeeze your glutes. Keep your arms extended throughout the movement.







TRX Single-Arm Curl

SET-UP: Starting with the straps at mid-length (handles at 50 per cent of the unit's total length), take hold of both straps with one arm and take a step out sideways from the anchor. Extend your working arm and keep your torso stiff so that you are leaning out at a slight angle.

ACTION: Bending your working arm, curl yourself upright, bringing your fist towards your temple. Pause before extending your arm slowly back down to starting position.



TRX Incline Press

SET-UP: Adjust the straps so that they hang at mid-calf just below your knees while standing. From push-up position, hook one foot into the cradle and, using your arms and spare leg, crawl back from the anchor until your working leg is higher than your head.

ACTION: As you would with a regular push-up, bend at the elbows to lower your torso towards the ground. Keeping your core tight, drive through your hands and extend your elbows to return to starting position.

TRX Pike

SET-UP: Adjust the straps so that they hang at mid-calf just below your knees while standing. Hook both feet into the cradles and get into push-up position. Lock your core on tight.

ACTION: Bending at the hips, pull your feet in towards you as you raise your hips as high as possible. Keep your legs straight.







TRX Body Saw

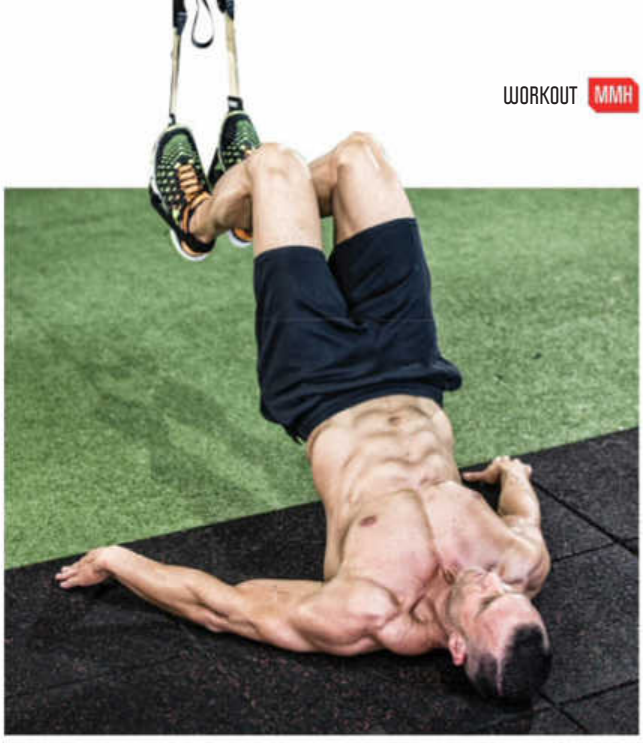
SET-UP: Adjust the straps so that they hang at mid-calf just below your knees while standing. Hook both feet into the cradles and get into push-up position, before bending at the elbows and lowering down to rest on your forearms. Lock your core on tight.

ACTION: Slowly rock back and forwards slightly, keeping your abs locked on tight. This is a subtle movement and should be stopped if you feel any strain in your lower back. Bend your knees to the ground to rest between reps if necessary.

TRX Chest Flye

SET-UP: Adjust the straps to maximum length. Take hold of the handles and extend your arms out in front of you, palms together. Take a slight step backwards and lean forwards into the handles. Engage your core.

ACTION: Slowly open your arms out into a T position, palms should be facing forwards and elbows are slightly bent. Pause in this position before squeezing your pectoral muscles and bringing your hands together to return to the starting position.





TRX Hamstring Curl

SET-UP: Adjust the straps so that they hang at mid-calf just below your knees while standing. Lie on your back and put your feet in the cradles directly underneath the anchor. Arms are flat by your sides.

ACTION: Driving your heels down, lift your hips up towards the ceiling into a glute bridge. Lower your hips to return to the starting position.



NOTHING LESS THAN 100%

With a physique that shows his commitment and a determined, focused mindset, Lee Stram is making his presence known on more than just the stage.

WORDS Kirstin Cuthbert | **IMAGES** Dallas Olsen

STATS

Name: Lee Stramkowski
Age: 29
Location: Gold Coast, QLD
Occupation: Personal trainer

CONNECT WITH LEE
Facebook: Lee Stram
Instagram: lee_stram



> "WHEN I SET OUT TO DO SOMETHING I JUST PUT IN MY ALL AND GO DO IT."

Training twice a day every day is no hard task for Lee Stram.

From the moment he stepped into the gym at age 20, he dedicated himself to the weights. Sometimes spending up to three hours there, he just wanted to keep training. Motivated by his love for the gym, his consistency has paid off and in September Lee took out Musclemania Australia's Overall Physique Australia Title and earned his Musclemania Physique Pro Status. With his unstoppable attitude and admirable determination, Lee is making a big name for himself in the fitness industry.

Before he started lifting weights, Lee was "just a skinny kid" into BMX bikes who enjoyed a very active childhood.

"I was always fit and healthy, but once I walked into the gym I knew it was something I really wanted to make a good go at," he says.

"I could barely lift any weight but still I just loved being there. I was getting stronger and stronger every day."

Although Lee was seeing some good progress, once he started to take up healthy eating to accompany his weights regime, he began to not only see but feel real results.

"Having a healthy lifestyle makes you feel good inside and out. Although I felt fit and healthy before I started training, I feel a lot fitter and healthier now," he says.

After nearly 10 years of training, Lee has expanded his knowledge and skillset. He believes the continuous learning process has not only helped him but many others with their fitness journeys.

As a female-specific trainer, boxing for fitness instructor and active kids' trainer, Lee has made a career out of doing something he loves. He has a real passion for fitness and loves helping others reach their goals.

Lee finds the most rewarding part of his lifestyle is in helping others, plus he is very happy that he's achieved a physical shape which allows him to compete on stage as a pro.

So how has Lee maintained this motivation over the years to continue bettering himself every day?

"To be honest, I just loved going to the gym from the beginning so I didn't really require any additional motivation to get me going," he says.

"Change in myself has motivated me to keep going. I train a lot and I train hard. Since training specifically for competitions, I have noticed new muscles and striations, which definitely motivates me."

Just like every one of us, Lee too has low days. He says he has them usually once a month but knows how to combat them.

"I just push on and try to convert it into good energy. If I have been a little slack, I make sure I train extra hard the next day. Training with a partner can help on "low" days too as you motivate each other," he says.

Lee attributes his success to three key things: consistency, self-discipline and dedication.

"When I set out to do something I just put in my all and go do it."

Living by the phrase 'if you want to succeed as much as you want to breathe, then you will be successful', Lee advises others who are looking to get in their best shape to simply be consistent, train hard and make the right food choices.

"We all know what's good and what's bad. You need to be 100 per cent committed to your diet, training and sleep. None of this 70 per cent this, 30 per cent that. You need to put 100 per cent into all three areas," he says.



EAT LIKE LEE

"My current diet is 2,850 calories every day except Wednesday and Saturday when I increase my intake to 3,450 calories. These two days are my refeed days and my leg days. My food varies each day and I log everything I eat in an app called MyFitnessPal to make sure I hit my calories and my macros. These change on Wednesdays and Saturdays as I increase the carbs on those days."

Staples in Lee's fridge: eggs, egg whites, avocados, cottage cheese, broccoli, asparagus and sweet potato.

Favourite food to indulge on: eye fillet steak and sweet potato fries with aioli.

Favourite non-cheat food: Either a crispy skin salmon fillet or cottage cheese, frozen blueberries and whey protein isolate.



"YOU NEED TO BE 100 PER CENT COMMITTED TO YOUR DIET, TRAINING AND SLEEP. NONE OF THIS 70 PER CENT THIS, 30 PER CENT THAT. YOU NEED TO PUT 100 PER CENT INTO ALL THREE AREAS."



TRAIN LIKE LEE

"I train twice a day every day, in the morning and evening."

"My favourite body part to train would have to be my chest, it's my strongest body part and I get the best pump. My least favourite part is probably legs; not many people know this but I have broken both my legs in the past from racing motocross and I still have problems with my knees. I do push through it and still have a good training session."

Monday: Chest and shoulders in the am and pm

Tuesday: Back and abs in the am and pm

Wednesday: Abs in the am and legs in the pm

Thursday: Chest and shoulders in the am and pm

Friday: Abs and back in the am and pm

Saturday: Abs in the am and legs in the legs pm

Sunday: Rest/beach walk MMH



Biceps stagnating? Blast away the boredom with this mass-building sequence.

BUILD BICEPS MASS

FITNESS MODEL Lee Stram | **IMAGES** Dallas Olsen

If your muscles have been on the road to growth for some time, they may be bored of the drive and not responding in the mass-building way you'd like. What they need is a detour or, as it is often called, 'muscle confusion'.



Muscle confusion is no new principle; it's been around for decades and while many men walk around the gym thinking they've mastered this training method, often they're not outsmarting themselves as they think - they're just confusing themselves by making it all too complicated. They spend so much time trying to trick their body parts into growing that they end up missing the point altogether.

Before you hit the gym and try every different set and rep combination you can think of, it's important to know that the best time to confuse a muscle is only after it has been built and bolstered by the simplest of schemes. So... beginners, muscle confusion isn't for you - start with the basics then work your way up.

However, if you've been on a growth mission for some time and exhausted all the bread-and-butter tactics, then employing shock techniques could be the 'pep talk' your muscles need to get back on their growing way. This routine will shake up your stagnant biceps muscles and jumpstart their growth, all without any added confusion.

Try these great mass-building moves, done over a progression of rep schemes (from high to light) over the course of your workout as you fatigue. The high-volume approach, along with drop sets to thoroughly fatigue and flush the target muscle, is just the prescription you need for rekindling superior biceps growth.

Biceps muscles assist your back workout so try to pair the two up for a few weeks. You can find mass-building back moves on page 126 to pair with your mass-building biceps moves in this workout.

THE WORKOUT

EXERCISE	SETS[1]	DURATION/REPS[2]
Barbell Curl	4	6-8
Single-Arm Incline Dumbbell Curl	3	8-10 (each side)
One-Arm Cable Preacher Curl	3	10-12
Two-Arm High Cable Curl	3	12-15

[1]Doesn't include warm-up sets; do as many as you need, but never take warm-up sets to failure.

[2]On your last 1-2 sets, do drop sets by reducing the weight by 25-30 per cent and continuing to rep out until you reach failure a second time.

Lee Stram's top tips for biceps mass

1. **When doing single-arm incline dumbbell curls,** concentrate on the squeeze and contraction at the top of the rep and the stretch at the bottom of the rep. This will give the biceps length.

2. **When doing movements involving reverse grip (like barbell curls)** concentrate on the contraction at the top of the rep. This will give the biceps width.

3. **I like to finish my biceps off with supinated grip 21s.** With a dumbbell in each hand, complete seven reps going halfway up, seven reps all the way up and seven reps halfway down. This targets the peak of the biceps and can be performed slightly quicker than other biceps exercises.

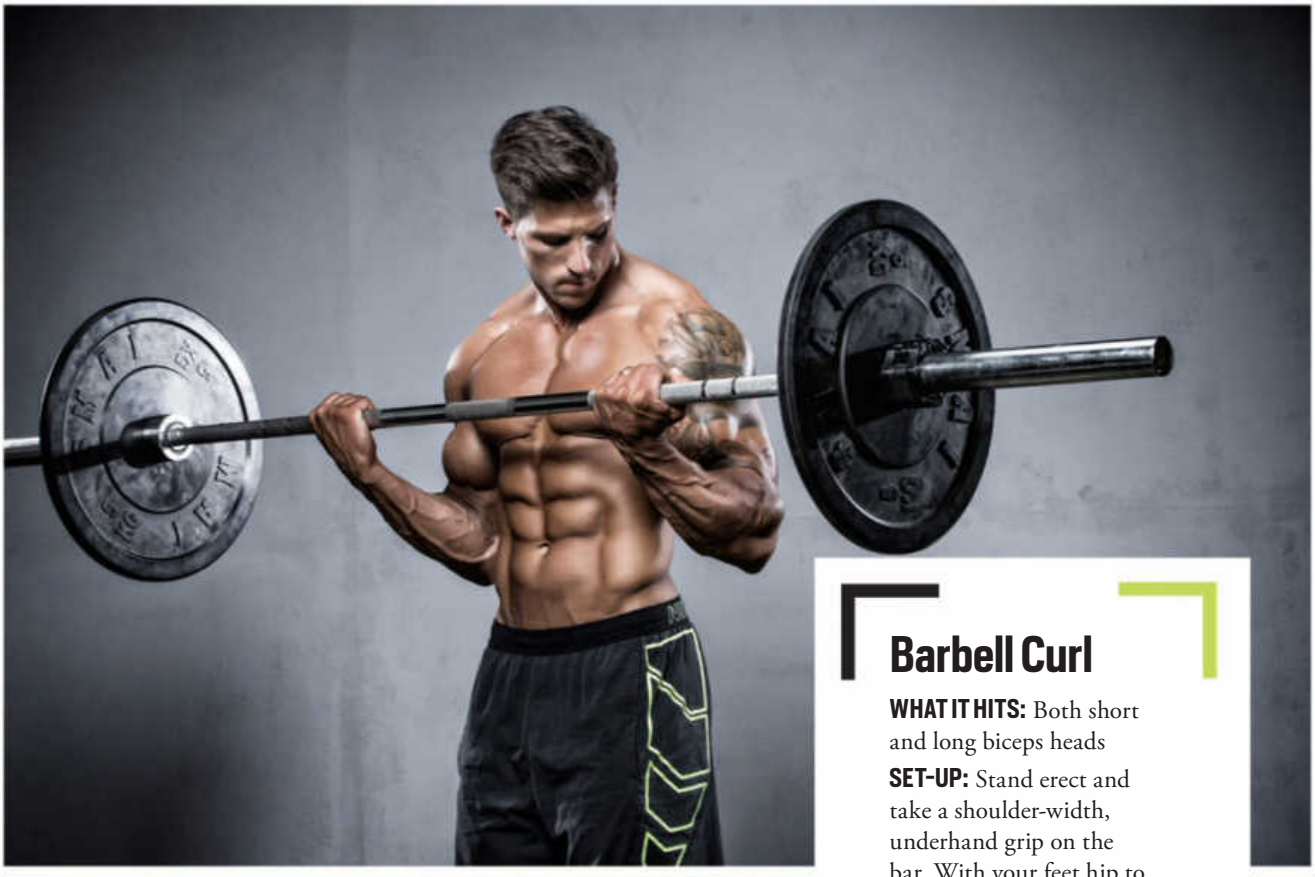


Single-Arm Incline Dumbbell Curl

WHAT IT HITS: Biceps long head

SET-UP: Adjust the incline bench to an angle of 45-60 degrees. Sitting on the bench with your back flush to the cushion, hold a dumbbell in your hand.

ACTION: Begin to slowly raise the dumbbell up towards your shoulders, rotating your hand as you do so. Your palm should be facing your shoulder at the top of the movement. From here, lower the weight and rotate your palms in the opposite direct. Your upper arm should remain stationary at all times throughout the movement. Complete reps on one side then switch.



Barbell Curl

WHAT IT HITS: Both short and long biceps heads

SET-UP: Stand erect and take a shoulder-width, underhand grip on the bar. With your feet hip to shoulder-width apart, chest up and abs tight, hold the bar in front of your thighs.

ACTION: Keeping your body very close to the bar, contract your biceps to curl the bar upward toward your chest, keeping your elbows at your sides. Hold and squeeze at the top; then slowly lower with control back to starting position.

TIP: Though the barbell curl allows you to lift the most weight and target as much of both as possible, don't go too heavy and lose form by leaning back too far or by using too much of your front delts.



One-Arm Preacher Curl

WHAT IT HITS: Short, inner biceps head

SET-UP: Grasp a D-handle attached to a low-pulley cable and drape your arm over a bench. Use an underhand grip and keep your wrist rigid.

ACTION: Keeping your shoulder down, raise the handle in an arc toward your face. Squeeze your biceps hard at the top, then slowly return to the start position. Repeat for reps, then switch sides.

TIP: Even though you have constant tension from the cable, be sure to keep your elbow slightly bent at the bottom of each rep to avoid hyperextension.









Two-arm high cable curl

WHAT IT HITS: Short, inner biceps head

SET-UP: Stand erect in the middle of a cable crossover grasping two D-handles attached to the high-pulley cables. Extend your arms out to your sides and parallel to the floor.

ACTION: Keeping your elbows high and your upper arms parallel to the floor, curl the handles towards the back of your head, behind your ears. Squeeze your biceps hard. Then allow the weight to slowly pull your hands back to the start. Keep a slight bend in your elbows at the start of each rep and don't allow the weight stacks to touch down between reps. **MMH**



TIP: Be sure to adjust the cables appropriately for your height. If the setting is too low, you won't get the same short-head isolation.

IN THE RING WITH CESARO



While recently touring Australia, WWE superstar Antonio Cesaro – better known by his ring name Cesaro – took some time out to chat with MMH about AFL, his max snatch number and the origin of the Cesaro Swing.

STATS

Height: 6'5" (196cm) | Weight: 105kg | From: Lucerne, Switzerland

Signature Move: The Neutraliser, Cesaro Swing

Career Highlights: United States Champion, WWE Tag Team Champion, Andre the Giant Memorial Battle Royal winner



Photo Credit:© 2015 WWE, Inc. All Rights Reserved

WWE recently toured Australia, how did you find the country and Australian fans?

It was great; you know this is my third time in Australia and I still love it. We only come to Australia once a year which is good and bad, obviously I would love to come to Australia more than once a year but it's good that the fans are excited to see us.

You visited the Brisbane Lions (AFL) and went down to training where you took part in some of the drills. What do you think of Australian Rules football?

It was a lot of fun and me and Wade [Barrett] almost didn't want to leave! We both love European football and Aussie Rules is completely different so we had a lot of fun. Hopefully next time we come back we can go to a game or something.

Here at MMH, we're all about training, fitness and health. What does a regular day of training look like for you – is there anything you do on a daily basis to keep your physique and health in check?

Well, the only thing I do on a daily basis to keep my physique is to eat well and work out – and the workouts always change, I think that's the trick to it. I always try to find better workouts or try to improve myself so the workouts change all the time.

There is a youth movement currently in WWE with lots of fresh talent coming up and newer faces, yourself included, and guys like Dean Ambrose or Seth Rollins. Is the WWE in really good hands moving forward with all of these newer names?

Definitely. It's an exciting group of people that are just fighting and coming up and there's a younger generation that's sort of leading the way – it's a very exciting time right now.

The Cesaro Swing move, which is obviously quite the crowd-pleaser, how did that first come about?

Oh you know I've been doing that move for quite a while. I'm a big fan of wrestling and a big fan of the history of wrestling and it's an old-school move so to speak but nobody has done it recently. There are a few people throughout history who've done it extremely well. It's just something that you usually don't see in real life; you see it in movies, you see it in comic books, so it just fits the Swiss Superman perfectly!

You've done a lot throughout your career already, including being a part of the Real Americans, a yodeller, a Tag Team Champion, you won the Andre the Giant Battle Royale, you even yodel! Out of all that, what do you think has defined your career the most?

Well like you've mentioned I've had a lot of great moments but I think what defines my career is my career! I always work hard every time I go out there, I deliver, and I think that's what defines my career.

What's it like to see yourself in the WWE 2k series video games? Do you play as yourself in the game?

That's pretty sweet, you know when I was growing up I played video games, I never really thought I was going to actually be in one! Then you see yourself in a video game and you can move your character and stuff, it's quite surreal actually.

Having spent a fair amount of time working alongside Seth Rollins, who is known to be a big fan of the CrossFit training methodology, do you also subscribe to the CrossFit style of training? What is it about CrossFit that you like/dislike?

Yeah I train with Seth Rollins because we both have the same lifestyle and like to work out and eat clean and stuff like that. It is very important on the road that you have someone who has the same schedule. I quite enjoy going to all the clubs and gyms. I'm more into Olympic lifting, whereas he [Seth] is purely CrossFit I feel, but I do some CrossFit every now and again and he's trying to get me to do more and ah, we're having fun!

Off the top of your head, what's your max snatch number?

Ah, I think my maximum snatch, let me think what it is in kilos, it was 265 pounds, which I think is about 120kg.

Wow, that's impressive!

Thank you! You know the fun of CrossFit to me is its functional training. I've been doing functional training before it was branded for the past four to five years. I like to train for functionality and not for looks.

In your opinion, what does it take to become the WWE World Heavyweight champion?

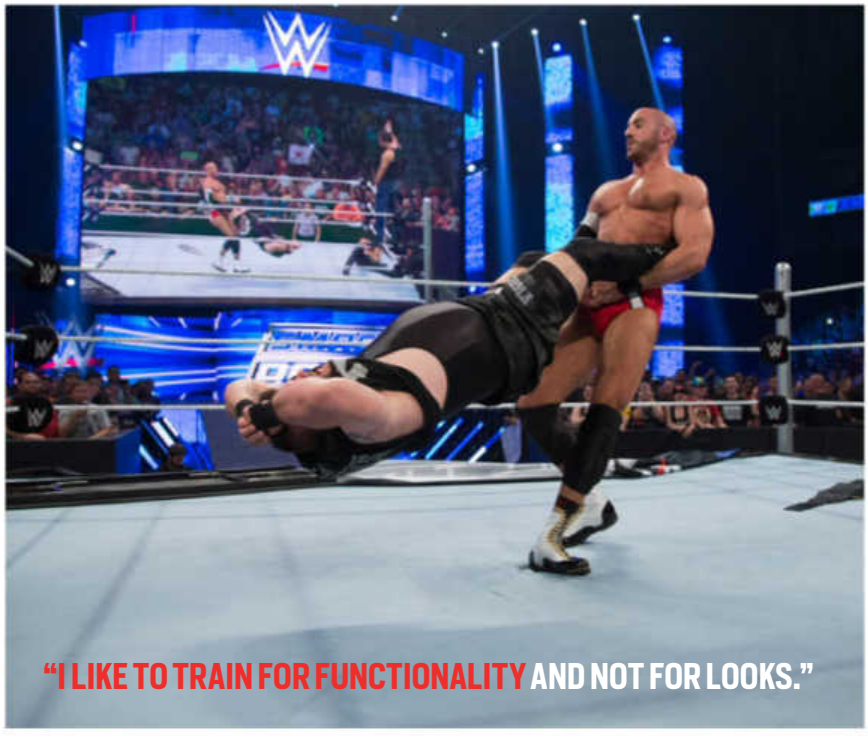
It takes a little bit of everything. It takes hard work, a lot of talent, maybe a little bit of luck too – just a little bit of everything. But what I think you need to do is you just need to keep working hard and dedicate yourself.

And how long until you expect to see yourself claiming the title?

Well I don't like to put times on a goal like that. It could happen soon, it could happen later, I just have to keep working until it happens! **MMH**



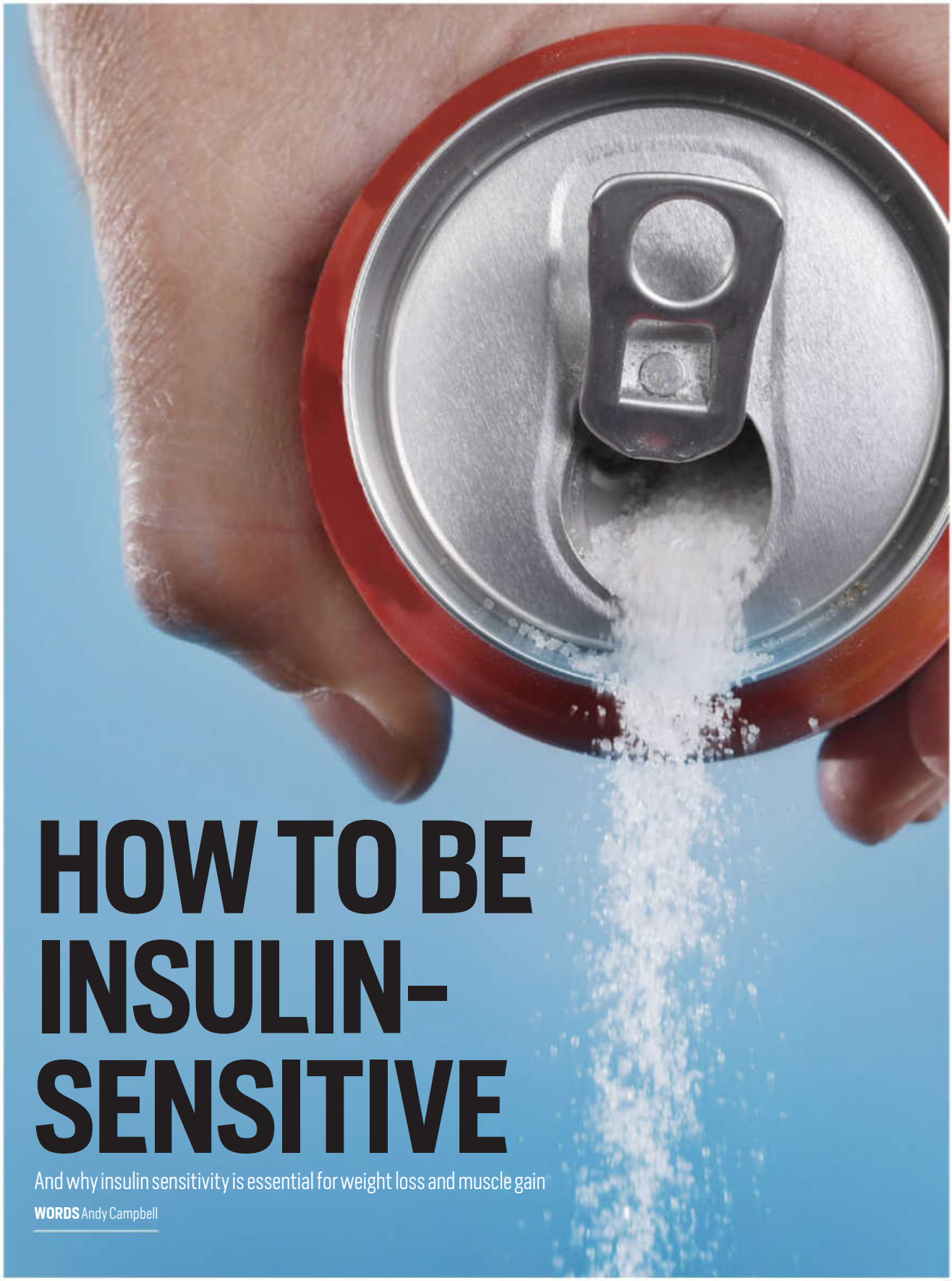
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"I LIKE TO TRAIN FOR FUNCTIONALITY AND NOT FOR LOOKS."



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HOW TO BE INSULIN-SENSITIVE

And why insulin sensitivity is essential for weight loss and muscle gain

WORDS Andy Campbell

Photo Credit: Shutterstock.com

The insulin hormone is perhaps the most important player in determining your body composition. If your body is not sensitive to insulin you will have a very hard time dropping body fat and gaining muscle. Insulin is an anabolic hormone made in the pancreas and released into the bloodstream as needed to control blood glucose levels. Once in the bloodstream it goes around storing what you have eaten - glucose (carbohydrates), amino acids and fatty acids - into the appropriate cells of the body.

When we eat there is an increase in the amount of insulin released because one of insulin's main jobs is to remove excess glucose from the blood since high blood sugar is toxic to the body!

Insulin will try to store this glucose in the muscle cells first. If the muscles are already full its next priority is the liver. Finally, if the liver is also full then the glucose will be converted into fat and stored in the fat cells.

Insulin for Muscle Growth

Insulin promotes muscle protein synthesis (growth, repair and maintenance of muscle) and helps increase muscular hypertrophy. No other substance in the body plays such a critical role in helping muscles recover from exercise.

When you are exercising, your muscles' energy needs are high and so insulin transports glucose and amino acids (the building blocks of protein) from the blood into the muscle where they can be used for energy production and muscle rebuild and repair respectively.

Not only that, it also activates the enzymes responsible for manufacturing glycogen. The number one focus of the muscle cells post-exercise is to replenish glycogen, and so insulin plays a critical role in muscle recovery.

Insulin Resistance

The western diet is very high in refined carbohydrates and sugars. When we eat these foods (especially soft drinks) with a very high glycaemic index, they are very quickly absorbed into the bloodstream - causing a sudden spike in blood sugar. Your body then needs to compensate by releasing unnatural amounts of insulin in an effort to bring blood sugar down quickly.

This zig-zag pattern where blood sugar spikes and drops is a very unnatural process for the body and if it happens regularly it can lead to insulin resistance. Insulin resistance is not a 'yes or no' thing; rather it's more of a sliding scale.

There are a number of factors that cause insulin resistance, including eating unhealthy trans fats, high carbohydrate intake and a deficiency in magnesium and vitamin D. If we choose to eat an unnatural diet high in refined carbohydrates and sugars, insulin will be constantly elevated in your body and after a while your cells can become resistant to it.

This is similar to when you enter a room and notice a smell… the smell is constantly in the room but after a while you become used to it (or resistant) and your nose stops sensing the smell.

What happens is your body's cells don't get the "I have some glucose for you" message properly from insulin, and because the cells aren't getting the message, they can't take in glucose like they normally would. The body then has no alternative for the excess blood glucose and so it is converted to fat and stored in the fat cells. All the while your body cells are starved of glucose and so you become hungry and crave carbs.

"IF WE CHOOSE TO EAT AN UNNATURAL DIET HIGH IN REFINED CARBOHYDRATES AND SUGARS, INSULIN WILL BE CONSTANTLY ELEVATED IN YOUR BODY AND AFTER A WHILE YOUR CELLS CAN BECOME RESISTANT TO IT.



Photo Credit: Shutterstock.com

Maybe you then decide to eat a jam doughnut; this raises your blood sugar high enough so that some glucose is forced into your body cells and the remainder is stored as fat.

This is also why we often crave carbohydrates like chocolate, sweet drinks and bagels - because they all get broken down to sugar or glucose in the body.

You can think of the insulin sensitivity of your cells as a sensor-operated automatic gate. When insulin approaches the gate and insulin sensitivity is high, the gate will open and insulin will shuttle nutrients into the cell. This is a very efficient process.

However, when you eat the wrong types of food, your body's maintenance of this gate is poor and the sensor does not work very well. Insulin approaches the gate but it doesn't open straight away, so insulin has to wave its metaphorical hand in front of the gate sensor a few times before the gate will open, if it opens at all. This is insulin resistance, and it makes nutrient absorption very inefficient.

How to be Insulin-sensitive

High-intensity weight training is one of the best ways to become insulin-sensitive because it burns up muscle glycogen quickly, leaving your muscle cells starving for fuel and therefore very receptive to insulin's effect.

Another way to increase your sensitivity is by eating healthy fats which work by increasing the permeability of your cells so that they are more receptive to insulin. The best fats to include in your diet for sensitive cells are the omega-3 fatty acids EPA and DHA; they are found in oily fish such as tuna, salmon and sardines.

You can also take a fish oil supplement, but make sure you do your research first as some brands of fish oils can contain trace amounts of heavy metals and some are made with poor quality ingredients



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"EATING A HIGH-PROTEIN, LOW TO MODERATE CARBOHYDRATE DIET WILL ALSO GREATLY CONTRIBUTE TO INSULIN SENSITIVITY, HIGHER ENERGY LEVELS AND WEIGHT LOSS.



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ANDY CAMPBELL

Andy Campbell graduated from LaTrobe University in 2014 with a Bachelor of Sports Journalism. After graduating he became aware of the modern health issues that many people are facing and realised that many of them can be avoided through proper nutrition and lifestyle choices. He has since begun studying nutrition and is committed to helping people achieve their health goals. Andy is currently working with NUFIT, an online nutrition and training system designed to teach the basics of nutrition the body needs to get results in the gym. More information can be found online at **www.nufit.com.au**

which could do more harm than good.

Avoid trans fats as they are sludgy and hard to penetrate cell membranes, the opposite of insulin sensitivity. Trans fats are found in hydrogenated vegetable oils and margarine.

Eating a high-protein, low to moderate carbohydrate diet will also greatly contribute to insulin sensitivity, higher energy levels and weight loss. Avoiding processed carbs altogether and limiting the amount of carbs you eat will cause less insulin to be released at meal times and your body will gradually adapt and become more insulin sensitive.

The carbs that you do eat should be low-glycaemic, fibrous carbs such as berries and vegetables so that insulin won't be released as quickly.

If you are going to eat something that has a high glycaemic index, like sweet drinks or cake, be sure to eat it with something high in fibre to slow down digestion and reduce the insulin response. MMH

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WHY EVERYONE NEEDS TO WORK ON THEIR MOBILITY.

WORDS Matt Waterton, Strength in Motion

MOBILITY TRAINING HAS BECOME AN INDUSTRY 'BUZZ WORD' OF LATE, EVEN THOUGH IT TECHNICALLY HAS BEEN AN INTEGRAL PART OF ATHLETIC DEVELOPMENT FOR SOME TIME NOW.

THE AIM OF MOBILITY TRAINING IS TO UNLOCK RESTRICTIONS AND CONDITION YOUR BODY TO MOVE MORE EFFICIENTLY. THIS IMPROVED MOVEMENT HELPS TO PREVENT INJURY, IMPROVE RECOVERY TIME AND INCREASE PHYSICAL PERFORMANCE.

Mobility workouts are structured to restore range of motion to joints and teach better movement mechanics to the body. They also help to maintain optimal health of joints, muscle and fascia, and enhance the delivery of nutrients to cells through improved blood flow.

We Were Designed To Be Hunters, Not Keyboard Crunchers

It's hard for us to not get stuck in habitual movement patterns brought on by the day-to-day demands of our lives. All of these demands tend to get us stuck in repetitive movement patterns and over time these patterns, if not addressed, can lead to muscle imbalances,

postural problems and ultimately injury.

If you were to constantly drive a car around a circular track in a clockwise direction, over time it would start to wear as it becomes moulded to that pattern. This would in turn reduce its efficiency at driving in the opposite direction, eventually causing structural damage to the car and a costly visit to the mechanic.

However, driving the same car in equal measures in all directions available would balance out the wear and tear on the vehicle. This would maintain the car's mechanical components and its function for far longer without expensive visits to the mechanic.

Unfortunately, modern-day fitness regimes are often so focused on strength, speed and intensity that they forget to address mobility, movement patterns and exercise technique. These key principles are essential if the body is to handle the extra workload of aggressive training schedules.

In short, there's no point putting in a bigger engine if your chassis is buckled!

Move Well, and Move Often!

The more you can move, the better you will feel and the better your body will respond.

Due to the rise of technology, we spend less time moving and more time glued to our chairs. Even exercise regimes have become dominated by the convenience of seated strength machines, cardio equipment and one-dimensional fitness classes. Then when we get home most of us would tend to flop onto the couch for the evening, before curling up in a ball when we go to bed. If you are ready to break this pattern, here are my suggestions…

Early Bird Catches the Worm!

When we sleep we will often revert to habitual sleep patterns that help us to nod off quickest. Lying in these positions for extended hours may lead to waking up with sore joints, aching muscles and back pain. This doesn't necessarily mean there is something structurally wrong, but is a great indicator that we need to get moving and untie the knotted twisted position that we slept in!

Furthermore, for those of you who tend to reach for a coffee first thing in the morning, here is a new routine for you to try: start your morning with a warm shower followed by a light 10-15 minute mobility routine. Throughout the routine, try to consume a litre of water. This will help to address movement restrictions, ease aches and pains and hydrate your body early in the day.

Combining movement with hydration acts as a pump mechanism to get the water to the cells and structures where it is most needed, rather than flushing straight through your system. This will help boost your energy levels, improve cognitive function and prepare you for a productive day ahead. Then of course you can have a coffee; we don't want you killing anyone on the way to work!

Don't Just Warm-up, Think Movement Preparation

Before any workout I teach all clients a pre-exercise warm-up routine.

"IT'S HARD FOR US TO NOT GET STUCK IN HABITUAL MOVEMENT PATTERNS BROUGHT ON BY THE DAY-TO-DAY DEMANDS OF OUR LIVES."

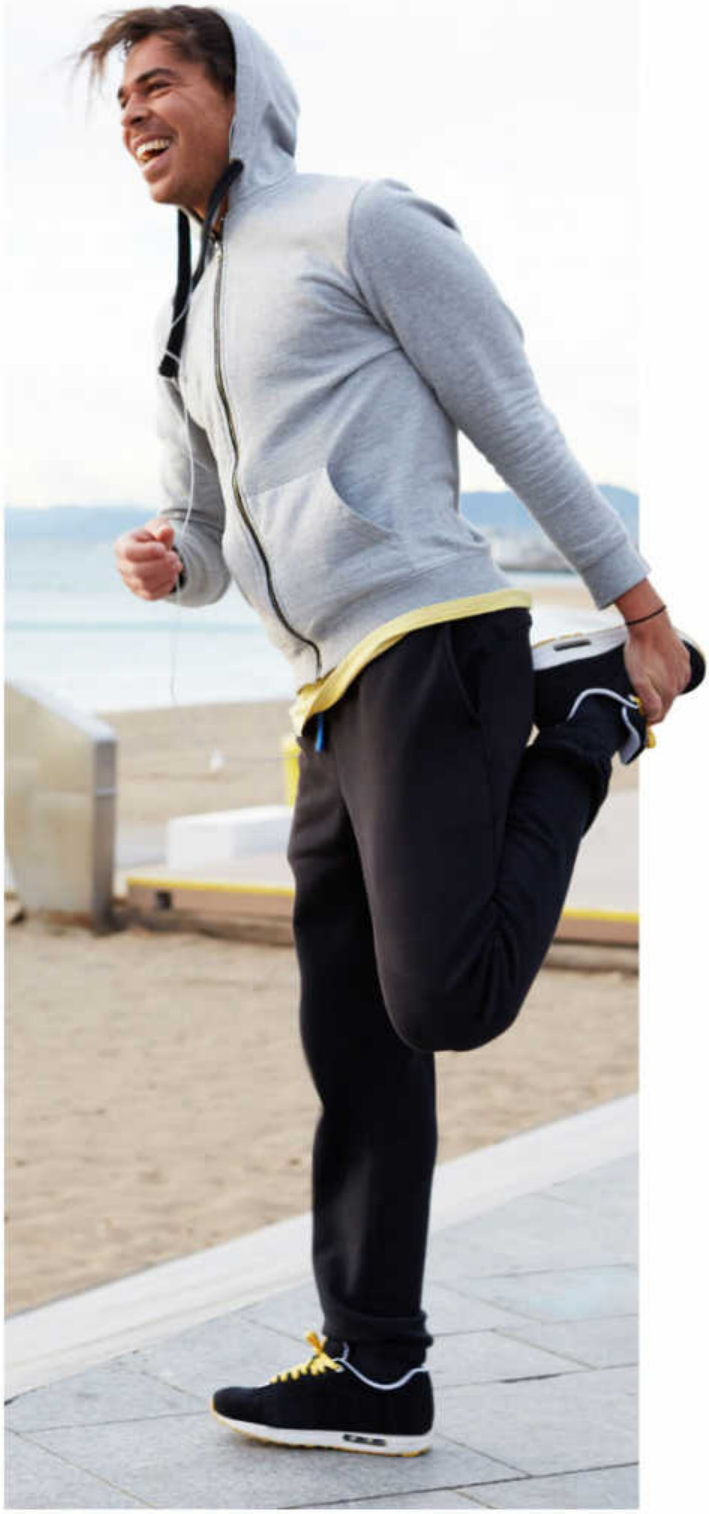


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*Check out Matt's Instagram for some mobility drills and exercise inspiration @strength_in_motion_*

These drills are not only designed to get them moving, but are also specific to their limitations and the tasks before them.

Warm-ups are no longer about just raising your heart rate. They should be designed to prepare your joints, muscles and nervous system for the activity ahead. Think of the mechanic fine-tuning the car before the big race!

Forget Cigarette Break, Take a Movement Break!

More companies are realising the importance of movement for their employees. Spending hours slumped in front of computers has a negative impact on the body and the productivity of the workforce.

Standing stations have been introduced and are proving to be increasingly popular, but now it's time to introduce the movement break!

Take five minutes every couple of hours to mobilise common problem areas like hips, thoracic spine, shoulders and the neck. Utilising small mobility drills that don't cause a sweat but address common issues, is a great way not to let work grind you down!

Mobility Drills at Home

I'm often told that people can't find the time to stretch or mobilise but I highlight that those two hours watching *Game of Thrones* slumped on the couch in the evening are just another wasted opportunity to apply some movement to your life.

Breaking down the movement patterns of the day is a great way to reduce your stress levels and help prepare you for sleep. Consistent mobility routines (even if they are done in front of the TV) combined with a balanced fitness regime will work wonders for your general well being. Try including a 15-minute mobility routine into your schedule once or twice a day if possible. **MMH**



MATT WATERTON

Matt has worked in strength and conditioning and personal training for more than 10 years, with a strong focus on mobility and functional movement patterns. His vision for the Strength in Motion model is to be an industry leader in providing high quality and effective training programs so that clients can live a healthy, happy and pain-free life and reach new levels of performance, whether it be on the sportsfield, recovering from injury or general fitness goals.


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NO SKIS NECESSARY

Taking to the water on just the soles of his feet, MMH finds out how Brendan Paige became a professional barefoot water skier and why it's a must-try for water sports enthusiasts this summer.

Brendan Paige has spent most his life on the water. When he was four years old his dad bought a boat and every weekend the whole family would go to Lake Tinaroo in Cairns to water ski. At 16 years, Brendan saw his dad's friend ditch the skis altogether and get on the water barefoot. Instantly he knew he wanted to try it too. Nearly eight years later, Brendan has made barefoot water skiing his life and is currently the Australian freestyle champion, Australian trick record holder, Asian Australasian Oceania champion and is ranked 2nd in the world.

STATS

Name: Brendan Paige

City: Brisbane, QLD

Occupation: Barefoot water ski coach

Age: 23

Hey Brendan, can you start off by telling us what barefoot water skiing is exactly?

Barefoot water skiing is just like water skiing only without the skis – just a wetsuit, boat and a rope, skiing on the soles of your feet. Usually when you water ski the surface area is quite large so you can stand on the water at 35-50km/h. When you are barefooting, the surface area is a lot smaller so you have to go a lot quicker to stay on top of it.

FACT: Barefoot skiing requires a higher speed because the skier's feet are smaller than skis, providing less lift.

A rule of thumb for barefoot water skiing speed in miles per hour is (M/10) + 18 = S, where M equals the skier's weight in pounds.

In other words, a 175lb (79 kg) person would have to divide 175/10, which is 17.5; then simply add 17.5+18 which equals 35.5 miles per hour (57 km/h).

How did it feel when you tried barefoot water skiing for the first time?

I remember the day I stood up like it was yesterday. It was by far the best day of my life and it was at that very moment that I knew this would be something I wanted to do for the rest of my life.

What is it like being a professional barefoot skier?

Being a professional barefoot water skier is incredible. I get the opportunity to do what I really love for a job, I travel the world and meet some amazing people. It's an awesome opportunity, it doesn't feel like work and I'm always having fun.

If someone wanted to get into barefoot water skiing, what type of skills and training would they need?

Working out and stretching prior will help substantially. It's not really known or practised by many barefooters but being flexible helps your barefooting so much. It reduces injury and broadens the range of tricks you can achieve.

It helps to have a strong core, too, as barefooting uses a lot of core muscles to resist the water from washing your feet back (the water is passing your feet at around 65-75km/h). With that much resistance, you also need a lot of arm strength.

Having good balance will help a lot too. I like to use balance boards and find they provide great results in your barefooting almost immediately.



Photo Credit: Nicole Argent

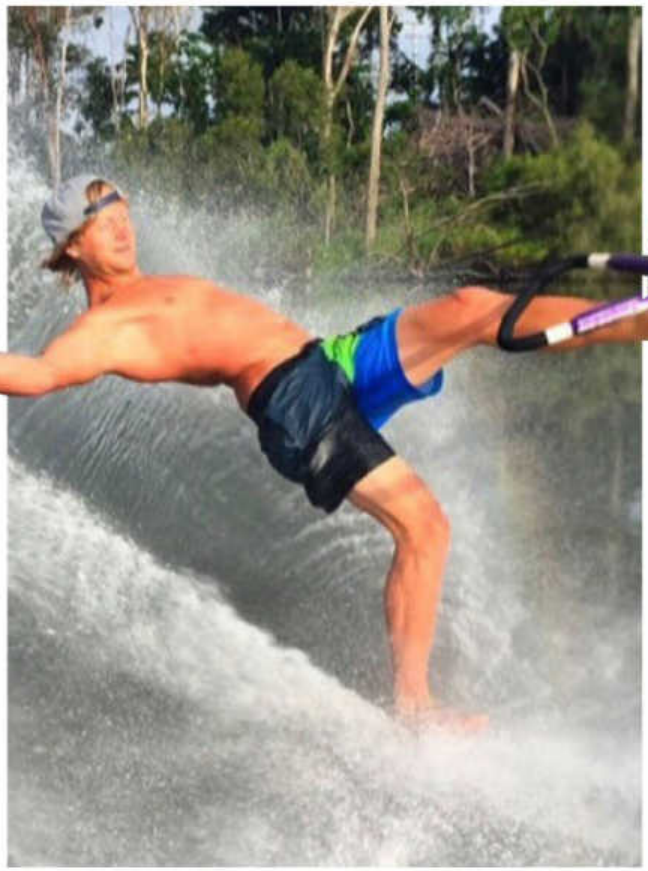




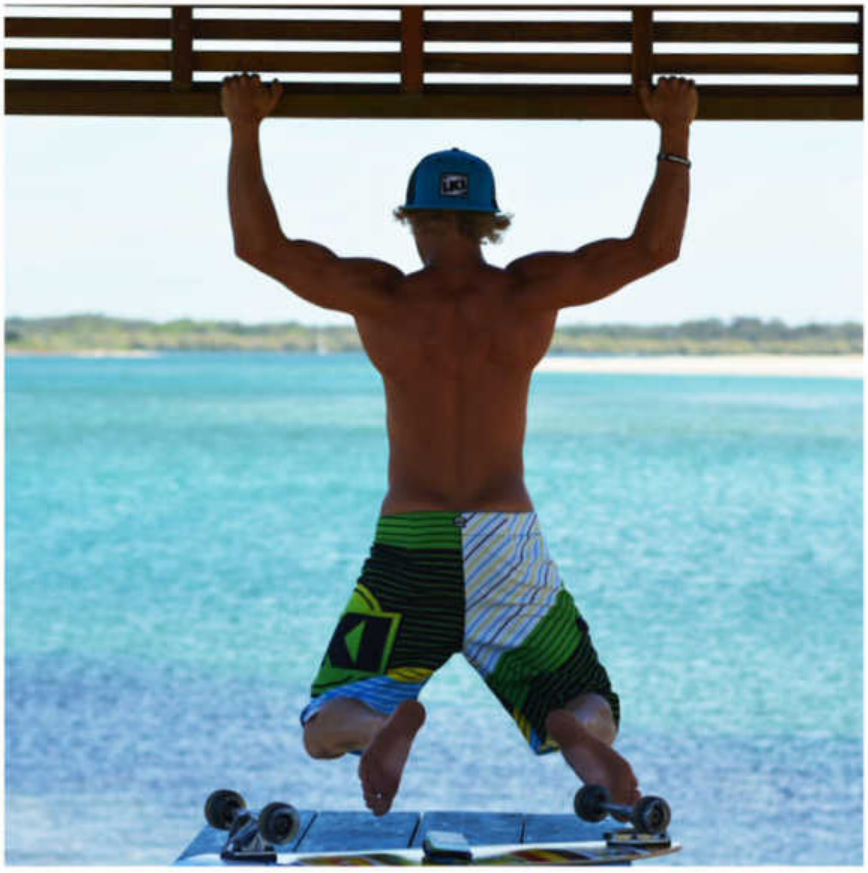


> I GET THE OPPORTUNITY TO DO WHAT I REALLY LOVE FOR A JOB, I TRAVEL THE WORLD AND MEET SOME AMAZING PEOPLE. IT'S AN AWESOME OPPORTUNITY, IT DOESN'T FEEL LIKE WORK AND I'M ALWAYS HAVING FUN.

Photo Credit: Alex Hayward







Hanging Photo Credit: Susan Cartwright | Thumbs Up Photo Credit: Nicole Argent





And what about if they wanted to do it professionally?

As a professional barefooter the skills and strength needed are very similar. At the top end of barefoot water skiing, you are training on the water 4-5 hours a day. That is a workout in itself and targets the muscles you need most. In addition, I train at the gym and love to run. Running helps with my endurance and I find at week-long tournaments I have more stamina and don't fatigue as quick.

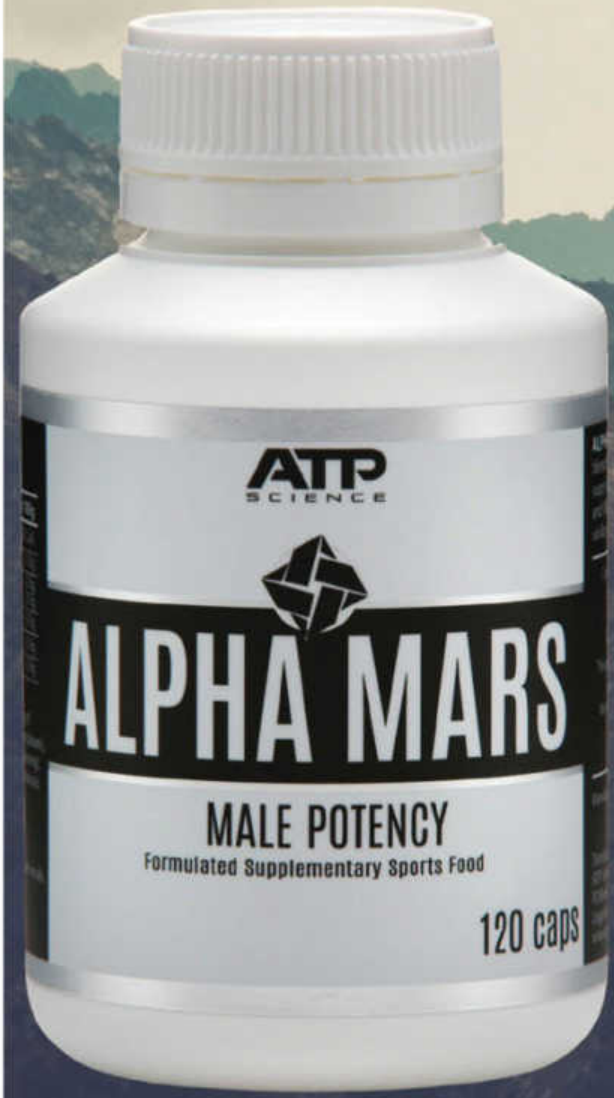
What are some specific things people could do off the water that would help them on the water?

Land training is a great tool to perfect those tricks. Hooking the handle up and practising tricks on the land will make it way easier on the water. When you're travelling on the water at 75km/h you will find learning a new trick is difficult. The benefit of land training is that it gives you muscle memory and, if practised enough, under any condition your body and muscles will remember exactly what to do.

Lastly, what's your yearly schedule look like and how can someone be trained by you?

I live in Australia for six months and America for the other six. I just chase the summer and am always coaching and competing. For anyone who wants to get into the sport, I'm available Australia-wide to coach all levels from first timers to professionals.

Anyone interested in barefoot water skiing or wanting lessons can reach out to Brendan on Facebook: Brendan Paige or Instagram: brendanpaige



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AMRAP WOD with PARIS KIRIPATEA

Images Dallas Olsen | **Location** CrossFit Wired

AMRAP TRAINING IS GREAT FOR ANY GUY – WHETHER YOU NEVER MISS A GYM SESSION OR HAVE ONLY RECENTLY PEELED YOURSELF OFF THE COUCH TO DO SOMETHING ABOUT YOUR FITNESS.

If you haven't heard of AMRAP, it stands for as many rounds as possible – you go until failure.

AMRAP training boasts many muscle- and mind-building benefits that will help to keep you motivated and working towards your goal. By putting the focus on form, rather than simply completing a certain number of reps, you'll be paying attention to the quality of your moves and helping your muscles to shape and grow as a result. Anyone can do AMRAP, from beginners to seasoned trainers, because you start at your own level and progress at your own level. It also helps to instil confidence in your abilities as you push yourself to new PBs and discover you can do more each time you train.

Many of us measure our reps when we train, and don't like putting a weight down until they've been completed, or worse, we put a weight down after the set number of reps, even though our muscles may not have reached failure. This presents quite a few issues. By not placing our muscles under stress for a maximum amount of time, we could be tossing away optimal results and by being so determined to pump out 8, 10 or 12 reps we could be sacrificing form just to reach that number. Plus, not reaching our self-prescribed number can lead us to feel negative self-worth.

While we're not telling you to stop your rep counting altogether, we are advising you to consider incorporating these two types of training into your routine as there are benefits to be reaped from both. To get started on your AMRAP training, give this workout a go, and remember - no stopping until you hit failure!

The Workout

As many reps as possible (AMRAP) in 15 minutes.

EXERCISE	REPS	RXD (M/F)	SCALING OPTION
Deadlifts	9	70/45kg	To ability
Box Jumps	15	60/50cm	Step up/down
Push-ups	12	-	Knee push-ups









Deadlifts

SET-UP: Start with your feet directly under your hips and toes pointed out slightly. Squat down to grip the bar, keeping the chest high. Shoulders should be slightly ahead of the bar. Grip is just outside of hip width and arms are straight. Lock your abs tight and keep the torso rigid to support the spine.

ACTION: With your weight on your heels, take a deep breath and pull the bar upwards, keeping it as close to your body as possible, until your hips and knees reach full extension. Your shoulders and hips should rise at the same rate while the bar is below the knee. Arms remain perpendicular to the ground until locked out.

Box Jumps

SET-UP: Stand in front of the box with feet hip width apart. With a slight bend in the knees, prepare to jump.

ACTION: Jump from the floor to the box, with both feet landing simultaneously. Hips and knees should open fully at the height of standing on the box. From here you may jump down or step down back to starting position.



Push-ups

SET-UP: With your body parallel to the floor in push-up position, place your hands close together directly under your chest. Keep your eyes focused on the floor and abs tight.

ACTION: Lower your body down until your chest touches the floor, then push powerfully through your hands back to full-arm extension. The body should remain taut with a straight-line posture at all times throughout the movement.

5 TIPS TO PREVENT A BURNOUT

Before a Big Race!

With correct preparation and research you will ensure you not only complete the event, but also prevent a burnout in the lead up to your race.

WORDS Andrew 'Pap' Papadopoulos



Whether you are looking to participate in a 9km run, marathon or ultra-endurance event, it's imperative that you know what your body can handle and what it needs in order to get through the event, particularly if this is new territory for you.

Listen to your body and train smart. Too often athletes end up with chronic fatigue because they burn their adrenal glands from working too hard. Remember, it takes more discipline to recover than it does to push yourself.

The following are my top five tips on how to prevent a burnout before the big race.

1 Have Your Nutrition Sorted

In the weeks leading up to the event, make sure that you are consuming enough calories and the right types of food including protein, whole grain carbohydrates, fats and vegetables.

The types of food that you consume are very important, as you don't want to upset your stomach or have too many fluctuations in your energy levels. Knowing what is right for you can come down to experience, trial and error and perhaps consulting a sports dietitian.

If you want to experiment with different foods and supplements, make sure that you do this a few weeks ahead of the event. The last thing that you want to do is change your diet and supplements the day before, only to find that it has affected you and therefore your performance.

Your nutrition practices on the day of the event will depend on the distance you are completing. If competing in an ultra-endurance event for example, carry an array of gels, sandwiches, fats and salt tablets as well as a bladder of water and a second bladder containing a mix of electrolyte formula and magnesium. For a marathon or half marathon, you would most likely just need the water, electrolyte formula and magnesium, however if you are new to these events, you may consider bringing gels and salt tablets with you too.

Photo Credit: Shutterstock.com



2 Gradually Work Towards Your Goal

Don't jump straight into the deep end with your training. Your training needs to be gradual, particularly if you are new to this type of event. Pushing yourself too hard, too fast is a great way to sustain an injury, so it isn't advisable. Engage the help of a coach to create a suitable training program for you, or do your research if you prefer to create a plan yourself.

For an amateur looking to participate in a half marathon, spend your first week running no more than 5km per day; break that up into hill sprints, easy jogs and running on different terrains. From there, gradually work your way up to completing more kilometres per day.

Make sure you change the terrain you are training on. Don't only train on the road - do some work on the sand, grass and on a running track to minimise the impact on your joints.

3 Identify Your Weak Areas and Work On Them!

Making sure that you identify your weak areas is important for your training program and for your rest and recovery. Areas that you may need to work on include sleep, nutrition, training and recovery practices. If you find you have been sleeping badly, that is going to affect both your performance and your recovery. This will be something that you will need to work on if you want to prevent a burnout. See page 26 for tips on getting a better night's sleep!

If you are finding that your ITB is tight, invest in a foam roller. If you are really tight in this area, odds are that your feet won't be tracking correctly and your inner thighs may be weak. This can lead to soreness in your knees and hips, which is not something you want to have happen before your race.

As mentioned above, correct nutrition is imperative so make sure you identify what fuel sources your body needs well ahead of time. If you start the race and find you're feeling exhausted or thirsty, this usually means you have left your supplements, food or hydration practices too late.

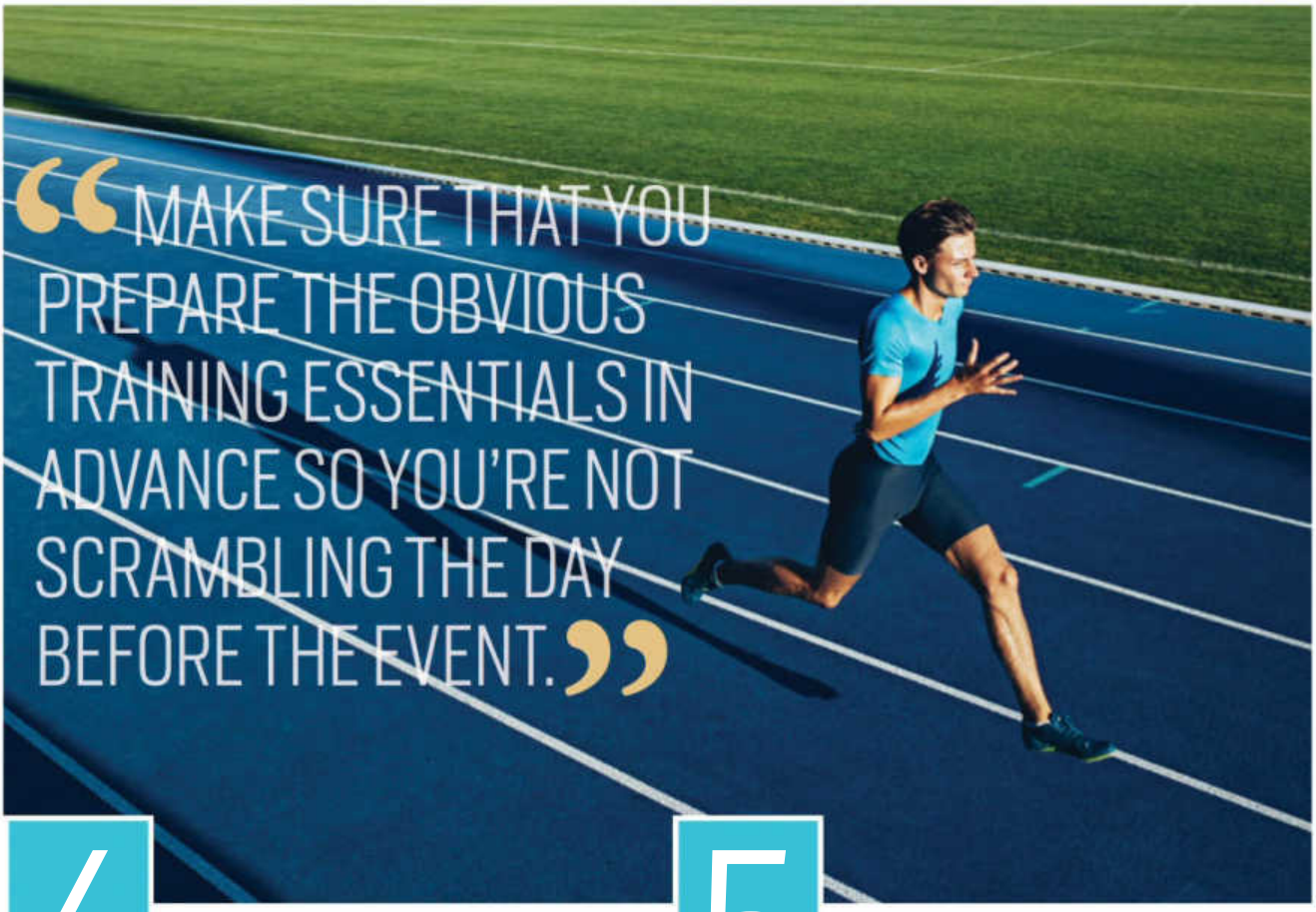


Photo Credit: Shutterstock.com

4 Recovery, Recovery, Recovery

Recovery is so important - not only to help with injury prevention, but to also help you avoid an all-over burnout. Stretch before and after your training sessions and make sure you are using a foam roller if you start to feel tight. On your recovery days, consider doing activities that are beneficial for recovery, such as restorative yoga or swimming.

In the weeks leading up to your event, you may also opt to see a sports specific massage therapist to make sure that nothing is tight and muscle pain won’t hinder your performance.



ABOUT THE AUTHOR

Andrew ‘Pap’ Papadopoulos is an elite endurance athlete, owner and operator of Battle Fit Australia, IsoWhey® Sports Ambassador and the star of Search4hurt season two. Andrew’s passion to ‘fight his limits’ has led him to compete in physically gruelling challenges including; The North Face 100km Run, GEO Quest 48hr Adventure Race and 24hr True Grit Obstacle Race, among many others.

5 The Essentials

Make sure that you prepare the obvious training essentials in advance so you’re not scrambling the day before the event.

Your feet are the most important thing to consider when participating in a running event, so make sure you have correctly fitted running shoes. Get fitted by a trained professional. Most sports stores now have a variety of tests and techniques to ensure that you get the right shoe to suit your needs and foot shape. Also, make sure you wear your shoes in the weeks leading up to the event to avoid a blister from new shoes that haven’t been worn in yet.

Consider whether you want to bring drink bottles or a bladder with you. Most events will have people on the sidelines handing out drinks, but I wouldn’t rely on them as there may be 10 runners in your way and you might miss out. I would usually opt for the bladder, as they are easier to carry.

Also, consider snacks. If you’re running a distance that is marathon length or longer you may want to carry some gels, energy bars or salt tablets with you. The salt tablets will help with the cramping and the gels will provide you with energy to help you complete the distance. **MMH**

LOOK AND PERFORM AT YOUR PEAK



Fitness Model: Joel Bushby Photo by Dallas Olsen

Mens-Muscle-Health-Magazine

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FIT FOR THE KIDS



Photo Credit: Captured By Bec

Julius Kieser shares his journey on how he went from fat dad to 'Fit Dad'

WORDS Julius Kieser

I shaved my head and grew a beard. I wore black t-shirts and bigger hoodies. Then one day I took my first progress photo (I didn't want to). I looked at it for ages, all the while battling with the excuses and denial running through my head.

"I'm busy with work."

"I'll start next week."

"Nobody really notices."

"It's not THAT bad..."

But it was bad; I was taking your run-of-the-mill, everyday dad issues and eating them. Along with a lot of other calories. I'd eat until I was sufficiently stretched to be satisfied, then be too tired (and full) to exercise. So I'd eat some more. Then I'd decide that I would start tomorrow.

In order to start tomorrow I would have to eat everything that I would miss, just in case I would "feel like it" tomorrow. "Get it out of the system," I'd tell myself. But I couldn't. Because the system is always hungry. Always telling me "one more meal and you'll quit junk forever."

One day I put the kids in the car and they screamed the whole way home for an ice cream. Or pizza, or bikkies. Because I didn't spend as much time with them as mum did I had been buying them off with food, then using them as the excuse for me to eat the pizza, the bikkies or the ice cream.

They had become like me; eating to satisfy an emotional need. I wasn't depressed, just stressed. No time, no energy. Always angry. Always on edge. Food took the edge off… but only temporarily.

Then I took the photo. Looking at it I realised that I needed to be a better father.

I was acting and dressing tough to cover my insecurities. Me, the big patriarch of the family was at the complete mercy of food. I would take a bullet for any of my kids, no question. But I couldn't put down a chocolate bar for them.

I had become food's bitch but I denied it vehemently. "I am a man," I'd argue with myself. "I can't be an emotional eater! Men don't do that! If anything I eat more junk when I'm happy."

But happy is an emotion, too. I was stressed, but like every guy, I glossed it with a sheen of playfulness. And my 'fun' side was to eat... A LOT!

Then I said to myself, "It's just not fair to burden my children with my food issues. I created mine through laziness. I can't create theirs through MY laziness. At least give them a chance..."

So I started fresh. I did things differently. I prepared meals. I ate proactively, not reactively. I ate simple food with my kids and spoke about what good it does. I cut down on the bullshit and "flavour", I found simple was easy, and easy food beats complex food and variety every time.

I cut out all my "trigger foods" and learned everything I could about the mathematics and science of fat loss. I didn't trust 'concepts' or fads. Paleo, vegan, juicing were all concepts I'd tried and failed at. The concepts were too broad; they didn't account for my appetite.

I needed to know that what I was doing would produce an exact result.

"ALL CHILDREN LEARN MORE FROM WHAT THEIR FATHER DOES THAN WHAT HE SAYS."



Photo Credit: Glen Bowden Photography

I learned to calculate my fat loss in advance so that I would not be living in hope; I'd be living practically, mathematically and logically. I calculated calories and macros and ate the same food every day. I didn't trust waiting for another Monday. If I messed up, I was back on the wagon the very next day.

I then set about repairing my relationship with my kids. The only times they had seen me happy was when I was in a food coma. I had selfishly linked joy to food for them. I had to show them another way. All children learn more from what their father does than what he says. So I began doing things that made me happy.

It started off simple. Taking them for walks and teaching them things. Growing up, I used to love teaching younger kids. I would spend hours teaching my cousins to tie their laces or to throw a ball. I started doing this with my kids and they flourished. Most dads do this. I knew to do this and I wanted to do this, but in the pursuit of financial security I had forgotten about it.

Not any more.



"I WAS UNFIT AND FAT, SO MOST DAYS I'D ONLY WORK OUT FOR TWO TO TEN MINUTES BEFORE I WAS ON THE FLOOR, COMPLETELY EXHAUSTED WITH A SMILE FROM EAR TO EAR AS MY KIDS GIGGLED AND JUMPED ALL OVER ME."

Since transforming his own life, Julius has launched a global program for dads who want to get fit too.

For more information visit fitdad.club

I started working out in front of my kids. Simple things like push-ups, burpees, squats, sit-ups and lunges. Anything that gave me the endorphin rush. I didn't have much time, so I just went as fast as I could. I was unfit and fat, so most days I'd only work out for two to ten minutes before I was on the floor, completely exhausted with a smile from ear to ear as my kids giggled and jumped all over me.

Pretty soon, they wanted to join in, so I started throwing them in the air and swinging them. They climbed on my back while I did push-ups and I carried them while I did lunges. I got stronger. I got fitter. And with my pre-calculated nutrition, my body changed fast.

It didn't stop there.

What I thought would take years to repair had only taken a few weeks. I hadn't heard the kids scream or cry for junk food since I started exercising with them. They did, however begin screaming and crying if I stopped exercising before they were finished having their fun. I didn't mind. Through their persistence, they pushed me further physically than I had ever done myself. I only stopped working out when I was completely, absolutely exhausted.

Kids are the most amazing personal trainers. They refuse to believe your excuses; they throw tantrums and even try to lift you off the ground by your hair if they think you're not done.

My kids have saved my life, they've showed me what's important and it is my hope that every dad gets to link joy with exercise for their kids. Be that for your kids. So one day, they grow up and credit you as the reason they find it so easy to be healthy in this messed up world of greed and gluttony. **MMH**

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YOUR PLATEAU PERSONA

Push past your plateau persona for more progress at the gym

WORDS Cam Wild

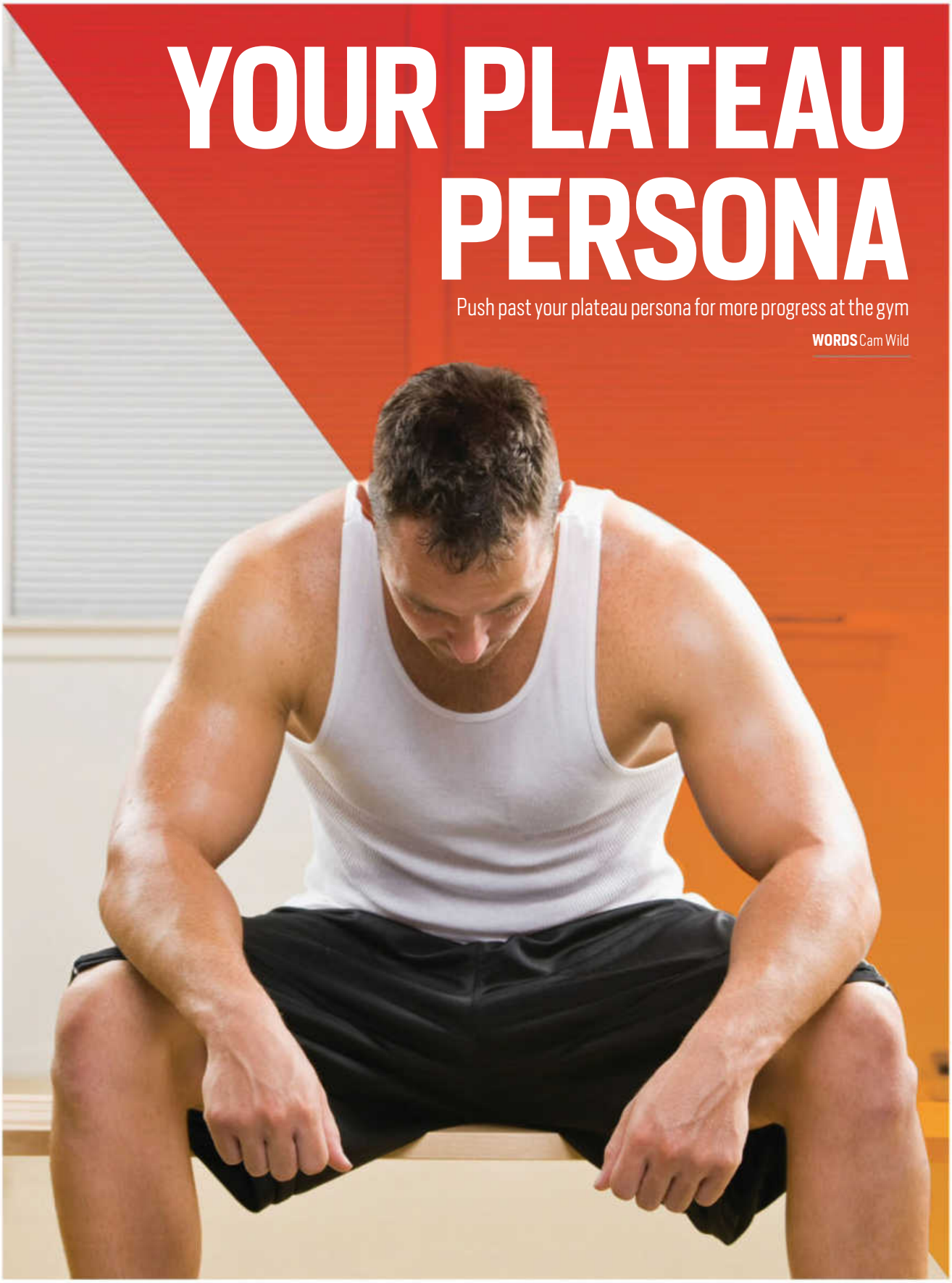


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Imagine you're with a group of people that has just started climbing a mountain. In the first part the slope isn't too steep so the climb is easy but as you get further and further up the mountain it starts getting harder and harder to ascend. You start to realise that what it took to get up the first part of the mountain is completely different to what it takes to get up the next part of the mountain and so on… and what happens is you eventually get stuck.

This is what we call a plateau and, when used to describe our results in the gym, it can bring a grown man to tears. The technical meaning for plateau is "a period or state of little to no growth or decline." The word "decline" certainly doesn't offer any consolation for all the time, effort and energy we pour into developing our physiques.

Plateaus in our training are completely normal and are to be expected, although rarely celebrated. A plateau is reached when our current efforts have reached a level of maintenance, basically when what we are doing is keeping us right where we are. Now while this can suck, it doesn't have to – at least not for long.

The problem is most people have no idea they are stuck at a plateau so they won't actually do anything about it. The best way to check if you've hit a plateau is to work out how many hours you've trained over the past three to six months, then divide that by the results that you've seen. For example, if over the past 12 weeks you have put on 2kg of muscle while training five days a week that means you've trained 60 hours for 2kg of muscle. That's only 1kg for every 30 hours. Yeah, I'd be upset too.

Breaking through plateaus in the gym (strength, size etc) isn't actually very difficult when working with a professional. Interestingly enough, once someone realises they are at a plateau they tend to take on one of three different personas: the Meathead, the Dabbler and the Weapon.

THE MEATHEAD

This is the kind of person who would rather keep doing the same thing over and over again and getting the same result because their friend is a personal trainer or they read something on the internet and would rather be right, than improve themselves. The lesson to learn here? Commit to being better, NOT to being right.

THE DABBLER

These are the people who google "what is the best protein powder?" and accumulate hours of internet "research" watching YouTube videos and compiling free meal plans resulting in a Frankenstein DIY job of their nutrition and training. Now I have no issue with self research, in fact I'm a HUGE fan of it – however, trying to build a car with ZERO experience is a LOT more difficult than trying to build a car with an experienced mentor. Invest in yourself, find a mentor who is generating consistent results and model their success - you'll save yourself some serious time, effort, energy AND cash if you do!

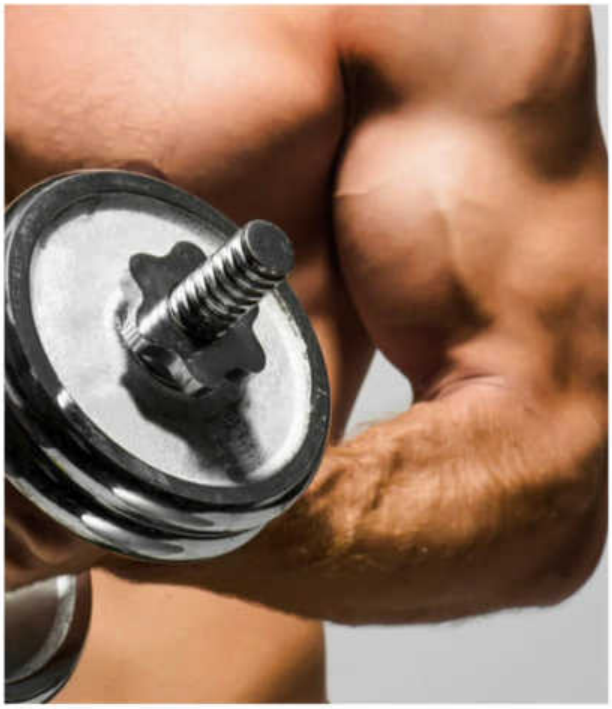


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"THE BEST WAY TO CHECK IF YOU'VE HIT A PLATEAU IS TO WORK OUT HOW MANY HOURS YOU'VE TRAINED OVER THE PAST THREE TO SIX MONTHS THEN DIVIDE THAT BY THE RESULTS THAT YOU'VE SEEN."

THE WEAPON

These guys know what's up. They smile at the challenge of another plateau, as they have formulated a proven plan to destroy these lulls in their results. The weapon's plan involves losing the ego and asking for help, for they know the quickest path to success is the path already paved. They have made a commitment to greatness and will do whatever it takes to get there. You know the names of the weapons.

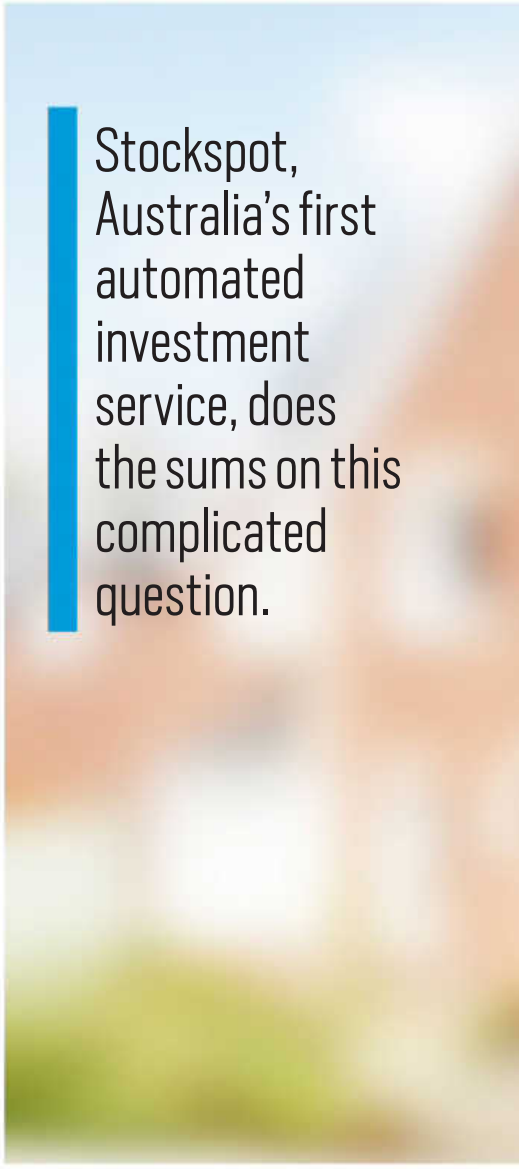
You see, as you get closer to the top of your own mountain (your dream physique) the plateaus start getting harder and harder to break through. While there are some general rules to follow, every single person responds differently to nutrition and training stimuli and consequently as you continue your ascent, your nutrition and training becomes more and more specific to you!

In order to conquer your own mountain, stop trying to conquer it alone. You'll waste far more time effort, energy and money trying to do it yourself. Invest in someone who has a proven way to the top and the results will change your life! **MMH**

the property dilemma:

rent or buy?

WORDS Stockspot



Stockspot, Australia's first automated investment service, does the sums on this complicated question.

"RENT MONEY IS DEAD MONEY" OR SO THE SAYING GOES. IT'S A POPULAR MYTH PERPETUATED BY PLENTY OF PEOPLE IN THE REAL ESTATE INDUSTRY. BUT THE REALITY FOR MANY IS QUITE DIFFERENT.

Like any financial decision, there are costs and benefits involved in buying and renting. Here we explore the important pros and cons to consider when deciding which is likely to give you the best results.

//BUYING

PROS of buying

1) The appreciation (rise) in house prices over time.

It's hard to miss the stories that house prices have been rising, and fast, over the past couple of years. The average Sydney property has risen 30 per cent since the start of 2012 and other major cities haven't been far behind. That's great news for those who own.

But while house prices have risen on average over the long term, they can also have periods of weak growth or even fall in value. House owners need to understand, and be prepared to cope, during periods of house price weakness.

2) Buying gives you the benefit of leverage.

Leverage is the use of borrowed capital to increase the potential return of an investment. When you borrow money to buy a property, the bank lends a percentage of the purchase price to you. In Australia, banks often lend a high percentage of the total value which means the use of borrowed money to invest in the property, or the leverage, can be quite high.

For instance, it's typical to contribute a 20 per cent deposit and the bank mortgage covers the remaining 80 per cent, or an 80 per cent Loan to Value Ratio (LVR). Let's say you buy a property for $500,000 with a deposit of $100,000 and borrow the remaining $400,000.

If you sell the property a year later for $550,000, the property itself has risen 10 per cent in value but your gross return on investment is 50 per cent since you have made $50,000 profit on a $100,000 investment (i.e. the original deposit). That's 5 times leverage because you earned 5 times 10 per cent return. It should be noted that after transaction costs, interest and principal repayments, the actual return is likely to be significantly lower.

3) Buying also provides some intangible benefits.

When you buy, you are provided with the security of not being displaced when the landlord decides to kick you out, and the flexibility to renovate the property.



Photo Credit: Shutterstock.com

CONS of buying

1) Interest repayments. If rent money is dead money then interest money is dead money too.

Average variable interest rates are currently about 4.50 per cent, which means that you would pay about $18,000 a year on a $400,000 loan to buy a $500,000 house. That's almost the same amount as the $19,500 you would pay to rent a similar value property for a year.

With interest rates at an all-time low there's a good chance that within the next few years they will be much higher, which means mortgage repayments could increase in the future. The RBA estimates that variable mortgage rates have been about 6.20% over the long term.

2) Opportunity cost.

This is a cost that is often ignored, or at least not very well understood. It refers to the cost of having your money tied up in a property versus having it available to use elsewhere.

In simple terms, opportunity cost refers to the returns you could get elsewhere instead of depositing it into a house. That could be returns from cash deposits (currently about 4 per cent), a diversified portfolio (historically 8 per cent) or investing in your own business.

3) Ownership costs.

The transaction costs of buying and selling a property are high.

The RBA estimates that the costs of buying a house, including stamp duty and other buying costs including conveyancing, can be 4.3 per cent on average. The cost of selling a house including real estate agent commissions and advertising costs add up to about 3.0 per cent. Therefore the total costs of buying and selling a house are in the vicinity of 7.3 per cent.

Don't forget this doesn't include the ongoing running costs of owning a property which the RBA estimates to be at least 2.6 per cent per year; these costs could include council rates, repairs, depreciation, body corporate fees, water and insurance costs.







Photo Credit: Shutterstock.com

//RENTING

PROS of renting

1) Return on your savings. Renting frees up your savings to earn a return elsewhere, and depending on where those savings are invested, they may be able to earn you a higher return than what would be possible in property.

This is the flip side of the opportunity cost of buying. Returns available on term deposits and savings accounts have been falling recently. This has made other investments, like shares and bonds, more attractive since bank deposit rates are now under 4 per cent, compared to a diversified portfolio of shares and bonds which has historically returned closer to 8 per cent over the longer term.

2) Flexibility. While owning a property provides more stability, renting gives more flexibility.

This may be attractive especially for young singles and families who may need to move from place to place due to work, bad neighbours or to try out different neighbourhoods.

3) Diversification. When you buy your own home, most (if not all) of your eggs are in one basket. One property in one suburb, in one city, in one country.

That's a lot of your total wealth riding on a single investment that can be affected by a whole list of factors outside your control. Renting allows you to spread that risk across a much broader range of investments.

CONS of renting

1) Rental costs. Renting costs have been steadily increasing in Australia.

A typical rental yield (annual rent costs / house value) in Australia is now 3.9 per cent but ranges from 2.5 per cent to 5.0 per cent depending on factors such as location, property value and whether it's an apartment or house.

Over the long term, average rental yields have been 4.2 per cent compared to an average variable mortgage rate of 6.2 per cent. The current lower mortgage rates of around 4.5 per cent have encouraged many to look at buying. However, buyers should be factoring in higher average rates for a 30-year mortgage.

2) No forced savings. Unlike buying where you are forced to contribute to a mortgage each month (which includes interest and principal repayments), renting doesn't encourage forced savings. This can make it tempting for renters to spend spare cash rather than setting it aside.



BUY V RENT – THE RESULTS

THE CASE FOR BUYING

Over the past three years, buying in major cities like Sydney and Melbourne has been a profitable strategy. Sydney prices have increased about 30 per cent since January 2012 so combined with 5 times leverage (80 per cent LVR), investors in property would have enjoyed a return of nearly 150 per cent on their initial investment.

What are the risks? Buying with leverage magnifies both the good and bad. So if you buy a Sydney property today with a 20 per cent deposit (80 per cent LVR), the property value would only need to fall 20 per cent in value (i.e. where prices were less than two years ago) to completely wipe out the value of your initial investment.

For example, if a property returns 7 per cent, interest repayments are 5 per cent and leverage is 5 times (500k property / 100k deposit) then your return is about 10 per cent. That's a solid return but relies on property continuing to rise more than mortgage interest rates. This will become more difficult as interest rates eventually rise from their 50-year lows.



Stockspot have used a number of assumptions, and different assumptions would affect these results. It should be noted that Stockspot have not considered the impact of 'negative gearing' which is a tax benefit that may be available if the property is held as an investment. Equally, franking credits on the share part of the portfolio have not been included in the investment returns. Stockspot also haven't put a dollar value on the emotional benefits of owning or renting like security (owning) or flexibility (renting).

THE CASE FOR RENTING

Renting frees up your savings to invest elsewhere; either in term deposits, your business or a diversified investment portfolio. While rental yields are low (just 3.9 per cent in Sydney compared to a long-term average of 4.2 per cent), it's an attractive time to be renting and investing your savings somewhere else that could earn a higher return. This is why rent money isn't really dead money – provided that savings are invested rather than spent.

Renting also enables you to avoid two big risks:

1) the risk of leverage which could mean your savings are overextended if property prices fall, and

2) the risk of poor diversification. When you buy, all of your eggs are in one basket so your wealth is almost completely reliant on the success of one asset. Renting allows you to spread those risks much more widely.

CONCLUSION

Based on Stockspot's analysis over a seven-year period, renters are likely to be better off than property owners. Prospective property buyers should think twice before jumping at the opportunity to sink their savings into bricks and mortar as leverage and poor diversification make home ownership much riskier than many people expect.

The big benefit of a property mortgage has historically been the forced savings it encourages. With the combination of financial and technology resources, it's now easier and more affordable to save without a mortgage. Renters today have more options than ever before to stay ahead! **MMH**

5 FOODS YOU NEED TO EAT TO GROW

Pass on the chicken and broccoli – eat these five powerhouse foods for explosive muscle growth!

WORDS Alex Fergus

We all have our favourite muscle-building training program. Or perhaps it's our go-to supplement stack for assisting with our bulking phase. But what about our diet and the food we eat to grow? Simply consuming calories to excess should lead to growth (albeit muscle and fat), however it may not be the optimal way to add lean muscle mass.

How to Build Muscle

When it comes to building muscle we need three components:

TRAINING STRESS – Resistance training stresses the muscles, joints and nervous system, sending signals for the body to adapt.

ADEQUATE RECOVERY – The body needs to heal and recover from the stresses of training. Without adequate recovery we cannot adapt and grow.

SUPPORTIVE DIET – Perhaps the most important of the three components in regards to muscle growth.

Natural 1950s bodybuilder Vince 'Iron Guru' Gironda often stated that muscle growth is 90 per cent nutrition. Gironda, a master of muscle mass and aesthetics, trained in an era before steroids were available. His tremendous physique was a product of nutrient-dense food that optimises our anabolic hormones: testosterone and growth hormone.

So what are the top five foods to naturally increase our anabolic hormones, while providing the nutrients to support muscle growth and energy for training? Let's take a look.

Photo Credit: Shutterstock.com

1

FULL FAT MILK

One of the cheapest, tastiest and most effective muscle-building food sources is milk: in particular full fat milk. Saturated fat, the fat found in milk, has been shown to increase muscle gain by:

- **Increasing testosterone levels.** Studies show men's testosterone levels are proportional to fat intake[1]
- **Inhibiting muscle breakdown.** Higher fat diets preserve muscle mass[2]
- **Increasing growth hormone secretion at night[3].** Growth hormone is the body's most potent muscle builder

Full fat milk is packed with muscle-building, saturated fat. The protein found in milk is one of the highest quality sources of protein in our diet[4], meaning the human body does a great job of digesting and absorbing the nutrients found in milk (assuming you can tolerate dairy of course). There's a reason baby mammals drink milk… for growth!

Milk has been used by bodybuilders and strength athletes for years. George Hackenschmidt 'The Russian Lion' drank 5 litres of milk a day. Frank Zane regularly consumed raw milk and cream in his diet. These muscle-bound monsters weren't drinking skim milk! Fat was a huge part of their diets. Frank Zane, Vince Gironda and even Arnold Schwarzenegger all consumed plenty of saturated fats from dairy, meat and eggs.

THE BEST TYPE OF MILK FOR MUSCLE GROWTH IS FULL FAT UNHOMOGENISED (CREAM ON TOP) MILK FROM GRASS-FED ORGANIC COWS.

It is loaded with beneficial protein and fat; plus the beneficial fat globules have not been destroyed by a homogenisation process. If you are one of the unlucky ones who cannot handle lactose, you can still reap a lot of the benefits of milk by consuming butter and cream.

Photo Credit: Shutterstock.com



2

EGG YOLKS

Egg yolks provide nutrients and energy to grow a baby chicken. Any food that performs such feats deserves a spot on the 'five foods you need to eat to grow' list. As with milk, many of the world's top bodybuilders swear by eggs and in particular egg yolks. Vince Gironda advocated eating 36 eggs a day! Casey Viator (who became Mr. America as a teenager) ate 24 eggs every day. And we've all seen Rocky Balboa down raw egg in his quest for glory!

So what's so special about eggs yolks when it comes to muscle mass? Nutrient density, fat content and absorption.

EGGS ARE PACKED FULL OF NUTRIENTS INCLUDING VITAMIN K, ZINC, SELENIUM AND B VITAMINS.

For example, egg yolks contain the B vitamin choline. Choline helps the body utilise higher fat diet intakes, great for those upping their food and fat intake during a bulk.

Egg yolks are full of cholesterol. If you're worried about eggs and high cholesterol, please don't. Studies have shown that eggs do not raise LDL particles (the bad cholesterol).[5] No more egg white omelets if you're looking to maximise your gains.

Finally, like milk products, eggs have a high protein quality score - making them not only nutritious but easily absorbed by the body.



3

LIVER

Yes, you read that right – liver is the third food that you need to eat to grow. Liver is often regarded as nature's multivitamin. The vitamin-packed egg yolks pale in comparison to the nutrients found in liver. How nutrient-dense are we talking?

ONE STUDY FOUND THAT ORGAN MEATS SUCH AS LIVER HAD 18 TIMES THE NUTRIENT LOAD OF GRAINS AND 11 TIME THAT OF VEGETABLES.

Unfortunately this study didn't factor in bio-absorption properties, as this would have pushed this ratio even higher.

Although this is all beneficial to our health, the real reason liver is in this list is vitamin A. The body requires vitamin A to use protein and also assist with testosterone production. One study in human participants found that administration of iron and vitamin A (both found in high amounts in liver) led to the same increase in testosterone levels as synthetic testosterone supplements![6]

Not only this, but the vitamin A found in liver decreases estrogen production in men, while diets high in protein actually deplete the body's vitamin A reserves. So if you're not willing to cut back on your protein intake… add some liver to your diet.

4

SWEET POTATO

SWEET POTATOES ARE THE BEST SOURCE OF CARBS FOR REFUELLING AND ASSISTING WITH MUSCLE GROWTH.

Rice and glucose powders can be useful, but nothing compares to the power of the sweet potato. Not only are sweet potatoes packed full of nutrients such as vitamin A, vitamin C, copper and B vitamins, sweet potatoes are rich in potassium.

Many people have a poor potassium-sodium ratio. This is a result of eating too many processed and refined foods. Increasing potassium can therefore lower cardiovascular disease risk and help with bone density and blood pressure. More importantly, potassium protects lean muscle mass. When potassium levels are low, the body breaks down muscle tissue to release potassium. In order to grow and increase muscle mass we must supply the body with adequate potassium. Sweet potato is a tasty way to achieve this.

Sweet potato also provides the body with quality carbohydrates. Gruelling training sessions burn through liver and muscle glycogen stores. Strength gains, growth and fuel for higher volume hypertrophy training can all be assisted by eating extra carbohydrates.



Photo Credit: Shutterstock.com

5 OYSTERS

Oysters are rich in nutrients and minerals and are one of the best sources of omega 3 fats in our diets. These fats are anti-inflammatory, helping us to recover from our intense training.

OYSTERS ARE HIGH IN THE ESSENTIAL YET HARD TO COME BY DHA OMEGA 3 FAT.

DHA is critical for human health and a lot of us simply don't eat enough of it.

Zinc is one of the best micronutrients to increase your testosterone levels. Zinc slows the conversion of testosterone into estrogen while also assisting in testosterone production. Studies have shown supplementing with zinc increases testosterone levels while restricting zinc intake drastically lowers testosterone levels.[7, 8] And the best source of zinc comes from oysters!



Photo Credit: Shutterstock.com

The food we eat is much more important than total calories or even macronutrients ratios. Growth isn't as simple as eating a heap of food, hormones play a larger role. As I tell my clients, 'calories matter, but hormones matter more.'

These five foods are packed full of everything the body needs to optimise anabolic hormones and facilitate muscle growth. Not only is there plenty of scientific evidence supporting the benefit of these foods to pack on muscle, but also the anecdotal proof is solid. In a time before steroids and advanced supplement stacks, many of the world's top bodybuilders swore by consuming these foods. The photos sure prove that it worked well for them!

I'd love to hear your thoughts to this article - how does the list line up with what you were expecting? And how many of the 5 foods are you eating on a regular basis?

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STAND OUT FROM THE CROWD

This heavy, low-rep workout will have you standing out from the sea of chicken legs on the beach and at the gym this summer.

MODEL Nick Cheadle | **IMAGES** Dallas Olsen | **EQUIPMENT** SMAI





It might not look like much, but this workout will have your pins pining for the days before you got serious about training legs. While there are only four moves, the goal should be to push as much weight as humanly possible on every single set and take a long rest in between your efforts. In saying this, form should always be paramount. Make sure you lower the weight, or yourself, slowly and then explode on the way back up. Include this routine in your program once a week for six weeks, and you should add size and strength to your stems in no time.

THE WORKOUT*

EXERCISE	SETS	REPS
Back Squat	7	3
Sumo Deadlift	7	4
Barbell Lunges	6	4
Standing Calf Raise	5	15

* Warm up with 12-15 reps with a light weight for each exercise. Rest for one to three minutes between each set.

We asked Nick about his favourite body part to train. Here's what he told us...

"When I first began training I would have said chest, without a doubt. Nowadays, I'm completely converted – training and building my legs are easily my most satisfying training days. Heavy squats and deadlifts are a huge challenge but offer such great rewards – plus I'm of the opinion there is nothing more impressive than a well developed set of legs, so I'm going to do everything in my power to achieve that. Nobody likes training legs – I like to stand out from the crowd!"

Back Squat

SET-UP: Stand with the bar across your upper back and your feet just beyond shoulder width, toes pointed out slightly. Keep your chest and back flat, eyes focused forward.

ACTION: With your abs tight, bend your knees and hips as if sitting in a chair until your thighs are parallel with the floor. Reverse the motion by driving through your heels and pressing your hips forward to return to the start position.



TIP: If the bar is uncomfortable, try lowering the bar a bit on the back. Lowing the bar 2-3cm brings more of your hips into the action and helps you lift more weight.



Sumo Deadlift

SET-UP: Position your feet under the bar with a wide stance, toes turned out at an angle. Squat down and take hold of the bar with a shoulder-width grip. Look straight ahead with your chest up and arms and back straight.

ACTION: Driving through the feet, pull the bar up, keeping it close to your shins as you do so. Once the bar passes the knees, extend the hips and knees until you are standing in an upright position. Reverse the movement to lower the bar, ensuring not to round the shoulders or back on the way down.

TIP: While expert lifters might go a little wider, general gym-goers will need a more moderate stance. Find a position where you can still get your knees out to your ankles in the squat position.

TIP: Do all your reps on the same leg before alternating your stance. Once you're set in a safe position, you're better off completing your reps at that angle.

Barbell Lunges

SET-UP: Start with the bar across your upper back. Take a giant step forward with one foot while moving one foot back slightly. You'll remain in that position for all reps on each leg.

ACTION: Bend both knees to lower yourself, making sure your front knee doesn't go beyond your toes. Stop just short of your rear knee touching the floor and reverse direction, driving through the heel of your forward foot to return to starting position. Once you complete all reps with that leg forward, switch legs and repeat on the other side.



Standing Calf Raise

SET-UP: Stand with a dumbbell in one hand and your feet either flat on the floor or with the balls of your feet on a small platform.

ACTION: Let your heels travel towards the floor for a good stretch, then press up onto your toes as high as possible and repeat for reps.

TIP: If you don't have a small platform handy, try a short rocking motion, where you rise on top of your heels and onto your toes during each repetition.





Photo Credit: Shutterstock.com

Korean Barbeque Ribs

The exotic flavours in this dish will satisfy even the biggest hunger, and have you coming back for more.

INGREDIENTS

- 4 cloves garlic, minced
- 1/2 cup coriander
- 1/3 cup low-salt soy sauce
- 2 tbsp toasted sesame oil
- 2 tbsp Sucanat
- 450g Korean beef short ribs
- High-heat cooking oil as needed
- 250g salad mix
- ½ cup cherry tomatoes
- Sesame seeds
- Chilli bean paste (optional)

INSTRUCTIONS

Step one: Combine garlic, 6 tbsp coriander, soy sauce, sesame oil and Sucanat in a small bowl and whisk until Sucanat is dissolved. Transfer mixture and ribs into a large, resealable bag and refrigerate for a minimum of 1 hour (overnight is preferable).

Step two: Heat barbeque to medium high and brush the grates with cooking oil. Add beef to the grill, discarding any excess marinade. Cook 2 to 4 minutes on each side until just done. Transfer to plate and sprinkle with sesame seeds and remaining coriander. Serve with mixed salad, cherry tomatoes and chilli paste on the side.

DID YOU KNOW?

Sesame seeds are a valuable source of dietary protein with fine quality amino acids that are essential for growth. Just 100g of seeds provide about 18g of protein (32 per cent of daily-recommended values).

WHAT'S IN YOUR BACKPACK?

Are you carrying around an invisible 'backpack' full of problems? Find out how to let it go.

WORDS Greg Dolman



Photo Credit: Shutterstock.com

We all have some form of emotional 'crap' that we experience or carry around daily, and this is what I like to call the 'backpack of crap'. I will explain what my interpretation of 'crap' is shortly, but the amount of it that we carry around on an emotional level each day changes, depending on how much stress we find ourselves under.

Every day we tend to pick up some new 'crap', which we add to the other 'crap' from the day before. This then gets added to our backpack, which is of course invisible - but its load can certainly be felt by us on both the physical and emotional levels. Sometimes the level of load felt depends on the consciousness of the individual. Some days, we offload some 'crap' only to find that some other 'crap' seems to find its way into our backpack!

So what defines 'crap'? It can occur in many different forms such as problems with your partner, family, friends, work or home life, and any other 'crap' that you can think of. For some, different variations of 'crap' can come from the one source. For example, if we are going through a relationship breakdown, this can lead to many different areas of stress even though all the stress is under one umbrella. Therefore, all of our 'crap' can come from one source, yet our backpack feels like it's carrying a lot more than just one problem.

Unfortunately for most of us, we tend to not only carry our own 'crap', but we also carry some for the people close to us because they don't seem to be coping with their 'crap'. These people are called givers.

So how do we carry someone else's 'crap'? Let's say our spouse, a good friend, a family member, or anyone who we truly care for, wants to share their problems. While listening to our loved one's problems, we want to try to help as much as possible by trying to physically take on some of the load – generally by a physical action. We now have added some more 'crap' to our backpack but this really doesn't matter to us because this is what givers do. Givers are trying to be good Samaritans.

However, our backpack then starts to get heavier with the extra emotional burdens. So while our friend's backpack of 'crap' is a little lighter and their life seems to be flowing a bit smoother, our life then starts to be out of balance and not flowing as smoothly as we would like it to. This leads to a slow downward spiral of our energy flow because after a certain amount of time, we can't bear the weight of the extra 'crap'. We don't complain because it's "just what givers do."

Givers tend to make their own lives uncomfortable and don't make a fuss about it. Givers don't complain, they don't ask for help and it doesn't matter how much 'crap' the giver is carrying because the giver always has some more space in their backpack to carry some more 'crap', or so they think.

So why don't givers ask for assistance with offloading some of their 'crap'? From my experience with many people who are givers, the main reason that they don't ask for help is because the giver believes that they don't need help. When the giver does put up their hand and asks for assistance, just about everyone runs for cover. The general perception is if the giver can't cope with their backpack of 'crap', how can anyone cope assisting them with it? Sometimes it's the person the giver has assisted in the first place who hides! Where's the balance here?

Those of us who are givers need to have some sort of 'security system' in place so that our life's journey may be just that little bit smoother - not only knowing who will assist us when we need them, but also due to our backpack of 'crap' being just that little bit lighter. I have had quite a few experiences where I have expected a friend to help carry some of my 'crap', only to get let down. Due to these life experiences, I have developed a system that clearly defines who I class as friends, acquaintances, and 'dead wood' based on the three Ls.

The three Ls are:
1. Love
2. Laugh
3. Learn

These three Ls act like a personal security system, which allows you to quickly assess whether a person is a friend, acquaintance or dead wood, depending on how many of the three Ls you experience from your interactions with them. It's pretty cut and dried, but it's a failsafe way not to get emotionally hurt.

If you feel you don't have anyone to assist you with your backpack of 'crap', or you may not want to burden any loved ones, then you can certainly speak to a professional who will create a relaxing and neutral environment for you to unload some of your 'crap' and not be judged for it. MMH



Photo Credit: Shutterstock.com

PART TWO: ALL THINGS

WORDS Dave Nixon

FOR THOSE OF YOU WHO MISSED THE FIRST PART OF THE "ALL THINGS" SERIES, WE VISITED ALL THINGS STRENGTH WITH WORLD RECORD HOLDER CHRIS DUFFIN, THE MOST FAMOUS BARBELL GYM IN AMERICA (WESTSIDE BARBELL), AND THE MAN HIMSELF - MR CT FLETCHER. We delved into some serious training hacks from bullet-proofing your shoulders to the mental edge that the best of the best implement day in, day out.

If you want to train like the best you have to get around the best. Recently, I wanted to add some more arsenal to my training and coaching repertoire. So what did I do? What any good student would: I sourced some of the best in the industry and reached out to them with the goal of training with them. Fast forward six weeks and I am sitting on the bus homebound from Melbourne to Canberra as I round off approximately 40,000km of travel to train with the best and share some exclusive content with the *Men's Muscle & Health* family.



CONDITIONING



I sourced three of the best strength gyms and coaches, and three of the best conditioning and calisthenics coaches, to be able to increase the knowledge pool of not only the programming behind the best but also their mental edge and what makes them who they are.

The second part of this two-part series finds us brushing shoulders with some of the fittest and most versatile people in the world. There is no doubt that if you were in a zombie apocalypse it is these guys you would get around first and here is why.

First stop: Crossfit Park City in Park City, Utah.

Photo Composited from: Shutterstock.com







CHRIS SPEALLER

CROSSFIT PARK CITY IN PARK CITY, UTAH

Now I know what you're probably thinking: Crossfit is a bunch of skinny guys losing gains. Well, for some of the population, I won't argue with that. But truth be told, the guys who do CrossFit well do it really, really well. They can squat, dead, muscle-up, sprint, jump and Olympic lift with the best. So, if I was to spend some of my time at a CrossFit box then I was going to find the best of the best. Now for some this means I would track down Rich Froning and throw down my puny weights next to him. I did a little more research than that. I wanted a guy who had been there since day dot, someone who had stood the test of time within this brutal sport. An athlete who wasn't the pin-up boy yet could still stand head and shoulders above an ever-increasing pack of humans aching to get better because of who he was as an athlete, a coach, a mentor and a family man. Enter Chris Spealler.

Now Chris is about 5'5" and weighs 147 pounds. That translates to only 66kg. So taking just those two numbers into consideration, I know what you're thinking: why Chris?

Because despite his small frame, Chris boasts a 172kg back squat, a near 200kg deadlift, well over 100kg snatch, upwards of a 130kg clean and jerk and can still hit a 400m run in a minute. All at just 66kg. Oh, and Park City is 2,000m above sea level. Try breathing at that elevation and you will understand the power of this man's lungs.

Mental Edge:

Chris has what I call an athlete brain. Clearly the guy is fit; there is no doubt about that. His ability to switch off and just get the work done is second to none. This is his mental edge: regardless of how you feel, regardless of the day, get in and do the work. Listen to your body, sure, but get the work done. Learn good pain from bad pain. Learn muscle soreness and muscle strain. Learn when your conscious is telling you to take a step back or when it is your ego asking you to step forward. One is looking out for you and the other is testing you. In short, learn to listen to your body and the signals it's giving you. The more innate relationship you have with your body the better you'll perform. You are an athlete. Whether your sport and passion is bodybuilding, CrossFit, powerlifting or just the ability to do the stuff in life you want to do when you want to do it. Your body has to be prepared, you must prepare it. Listen to what your body is telling you or pay the price.

Programming Edge:

Let me give you an idea of what fitness is for this guy. I went head to head with him on a staple workout from CrossFit called 'JT'. It's the classic formula of 21, 15 and 9 reps each of handstand push-ups, ring dips and push-ups for time. That's a total of 45 reps of each movement, which are all shoulder push movements. Your shoulders gas real quick. I got the work done in 7:18 where as Chris finished it in 4:24. That

equates to just about one rep every two seconds. This is after the work he did the day before, which included a total of 400 double-unders, 100 overhead squats at 60kg, 100 pull-ups and a 3.2km run… in just over 32 minutes. If you think you are fit, try that one on for size. So, if there was one thing I would recommend you implement into your training it would be to add in barbell movements and bodyweight movements together. Just two or three in a workout and keep the standard of movement high – meaning don't sacrifice your structure or integrity in order to get more reps out. Keep it strong and consistent. For example:

- **Reps of 21, 15, 9 each of:**
- **Barbell deadlift at no more than 50 per cent of your 1RM (one repetition maximum)**
- **Burpees – chest to ground, jump and clap above your head**

The benefit of combining these two movements is the midline tension required in a deadlift and loading of the posterior chain where a lot of blood will be pumped to deal with the workload before increasing your heart rate and then pushing the blood to your upper body with the burpees.

Hit it up or try a combination of your own. Just be sure to place the integrity of the movements above the number of reps completed.

"LEARN TO LISTEN TO YOUR BODY AND THE SIGNALS IT'S GIVING YOU. THE MORE INNATE RELATIONSHIP YOU HAVE WITH YOUR BODY THE BETTER YOU'LL PERFORM."









BOBBY MAXIMUS

GYM JONES IN SALT LAKE CITY, UTAH

Now if I was to pick the place I got the most from during my visit, it would be hard to go past the gym responsible for the transformation of the cast of the famous '300' Spartan movie.

In the middle of the Utah desert sits the relatively quiet town of Salt Lake City. Surrounded by vast rocky hills and plateaus, this place looks like something out of the movies. Fitting, really. Finding Gym Jones is pretty much part of the workout. Twisted around the corners of the industrial area of Salt Lake City lays a hidden gym with next to no signage or actual evidence of the magic that happens within its walls.

Once the doors open, it's as if you have just walked into the gym version of Salt Lake City in the middle of summer. Barren and uncomfortable with sticky air. That doesn't mean they don't have equipment there - it just means they don't waste space on chunky treadmills or pin-loaded machines that serve a single purpose.

Standing in the middle of this gym desert is the leader of the pack, Rob McDonald, who is better known by his other name; Bobby Maximus. Bobby is a leader in his space. As an ex-police officer with two college degrees and a history of competing in the UFC, it would be offensive to call him a personal trainer. Standing at 6'3" (190cm) and 260lb (118kg), he pulls a 270kg deadlift as well as the engine to pump out 399m on a Ski Erg in 60 seconds. If you are wondering how that scores, it is unofficially the world record. We are talking some serious power.

Mental Edge:

'The Mind is Primary' is printed on the inside of every Gym Jones shirt. With that sentiment so engrained within the culture here, how could these guys not be the leaders in the realm of the mind? Bobby dropped some serious mental hacks whilst I was training with him but it wasn't until I got 25 minutes into his second interview on my podcast, Mind over Movement, that he said the big one.

"I need people who look out for me, not people who look up to me."

Basically Bobby needs someone to call him out when he is not up to standard. You have to have people around you who are going to call you out on your laziness. No world champions train alone. If you have two, three or even four people who are after the same thing and will be honest with each other no matter how much it hurts your ego, then you are going to get somewhere.

Remember: there is no learning in ego nor is there ego in learning.

Programming Edge:

You can get a number of programming ideas and workouts from Bobby's Instagram @bobbymaximus and if I was to choose one then it would be this:

- **6 x 20 Barbell Deadlifts at 33 per cent of your 1RM (that is the heaviest weight you have done for one repetition before).**

No letting go of the bar and no touch-and-go reps. Think of this as 20 sets of one rep, all completed in succession, rather than a set of 20. This is so we can improve a lot of the stabilising muscles that help perform this movement. You can also do this with other larger movements like squats, presses and rows.

Then for some conditioning:

- **10 goblet squats at 32kg**
- **2 minutes max calories on the AirDyne (or similar) – if you do not have access to a fan bike then use a rower.**
- **2 mins rest**
- **Repeat four times**

Photo Credit: Lisa Fresard



JAY MARYNIAK

UPSTATE NEW YORK, NEW YORK

It's hard to say that I have left the best for the last (because everyone I met was incredible in their own way) but it's also hard to argue in this instance. Everyone's story is different and unique yet I bet you have never heard a story quite like Jays.

Jay first started to mix it with recreational drugs in his early teens. He not only experimented with them but became heavily addicted to some harsh illegal drugs by the age of 15. It wasn't until one day at the age of 20, that he realised the very thing he was staying alive for was the thing that was going to kill him. He took himself to rehab.

Once out of rehab he took up karate, which led to kickboxing and a number of fights before stumbling upon CrossFit. After jumping in a few local competitions he decided to commit to nabbing a podium position for a larger tournament.

He trained hard, competed hard and finished on top of the podium. Unfortunately for him, he also found recovery hard. He was losing weight and feeling ill, and two weeks after his vision became blurry so he went to the doctors. Jay was 27 years old when he was diagnosed with type 1 diabetes.

Jay is now 30 and although he no longer does CrossFit or competes in kickboxing, you can't go past his human flags, handstands and iron crosses. Jay is the human symbol that your past doesn't equal your future. That you are bigger than your problems.

Mental Edge:

Have you ever felt like you were at the bottom? That there wasn't anything left and you were scratching around for some kind of hope? Sadly, a lot of us males have. We just don't talk about it. Jay took action.

He didn't wait for someone else to save his life. He saved it. He did what most are too proud to do to be where most will never be. The biggest mental edge is to take a physical step forward. It is to recognise that where you are isn't necessarily where you will end up. Jay not only got out of the bottomless pit, he also surpassed thousands on his way to where he is today.

Imagine you are the hero of your story. That you have a documentary crew following you around all day every day. What would that hero do? What action would they take if they knew their kids, nephews, friends were watching? Take action.

Programming Edge:

So you want to nail a handstand? Jay recommends you get upside down every single day. Slowly build up the amount of time you spend upside down and remember that your tendons and connective tissue of your hands and forearms have barely ever had to deal with the loading of your whole body so rushing this will be sure to cause overuse injuries. This takes years, so be patient and chip away. The time will pass anyway.

As for some bodyweight strength work, add these movements into your program to leverage some serious calisthenics development.

- **Handstand holds 5 x 1min – collective. Doesn't have to be straight, but has to accumulate that amount of time.**
- **Strict chest-to-bar pull-ups 5 x max (quality) reps – rest a minimum of 2 minutes between sets**
- **Prone hold (AKA Plank) 3 x sub-maximal efforts – push to the point your midline starts to fatigue but still keeping quality of position**
- **Strict ring dips 5 x max (quality) reps – getting biceps to ring**

This is an awesome baseline to build upon for all calisthenics movements. Once you have established a consistent and solid base you can progress these movements onto more difficult levels. Add a handstand push-up to a plate, complete weighted strict chest-to-bars and add weight and depth to your ring dips.

This little two-part series has provided a massive dump of awesome information from all six of the industry leaders I met and interviewed. As I mentioned last issue, be sure to take just one of your favourite mental element and programming hack and implement it every day for 90 days.

Remember to continue to learn from those that have evidence behind them. Not just a piece of paper. Look for those with years of experience within the industry. You will learn more by paying the world's best some money and just hanging around in their gym than just about any weekend certificate can teach you.

People build people. **MMH**

Take care and kick arse.
Dave



BACK BEATDOWN

This "no BS" back workout will help you grow with its high-volume routine.

MODEL Daniel Conn | **IMAGES** Dallas Olsen

No muscles are larger in total surface area than those on your upper back called lats, so it makes sense to train them regularly. The problem is, because we can't really see our back muscles, they often get forgotten about in favour of the more coveted chest day workout. But for your physique to look truly impressive, your shoulders and upper back need to be wider than your waist, which is why we have put together this brutal back beatdown.

If you're not careful while training back, your biceps and shoulders can sneak in and steal some of the effort away from your back muscles. There are ways to minimise this, so keep your eye out for our tips on keeping those lats in focus throughout this workout. Now you're ready to get that cobra-shaped upper body that will have you dominating on the field and in the office.

THE WORKOUT

EXERCISE	SETS	REPS
Pull-up	3	To failure
Lat pulldown (behind neck)	3	8–12
Lat pulldown (to front)	3	8–12
Lat pulldown (reverse grip)	3	8–12
Barbell Deadlift	3	8–12
Bent-over Barbell Row	3	8–12
One-arm Dumbbell Row	3	8–12
Weighted Back Extension	3	8–12

5 TIPS TO BUILD A BIGGER BACK

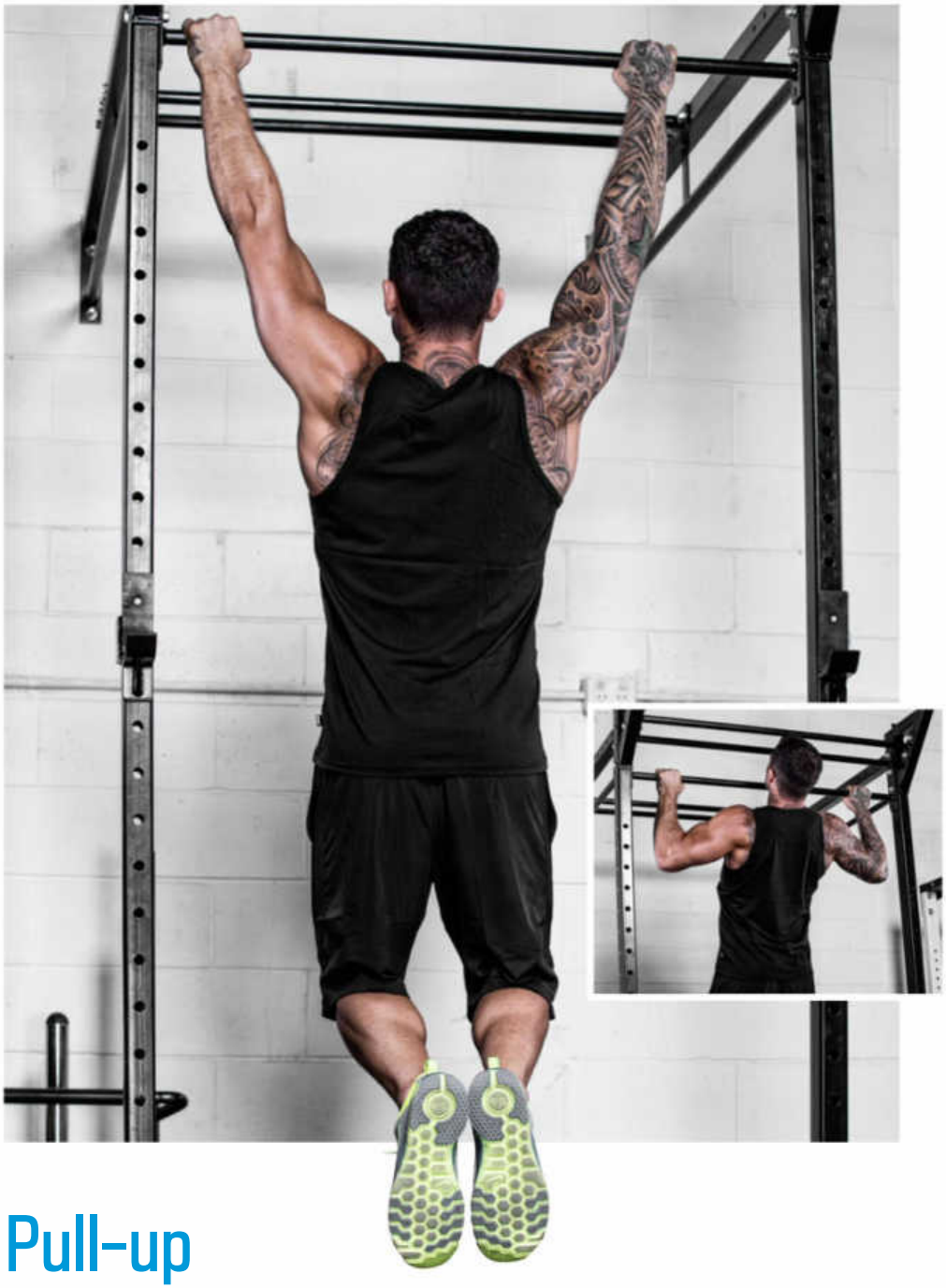
1. Strengthen your grip. You need to be able to hold onto the bar for long enough to stress those back muscles with tension.

2. Vary your grip. A wider grip will make the exercise harder and work more muscles, whereas a narrow grip will work the muscles in the middle of your back. Mix it up to look good from all angles!

3. Keep your chin up. Looking at the weight as you pull it can throw your spine out of alignment and hinder your progress.

4. Squeeze your shoulder blades. Make a conscious effort to squeeze your shoulders together at the height of each movement to add tension to the exercise and help develop better posture.

5. Slow and heavy wins the race. Stack on the weight and force yourself to slow down, as each rep of a back exercise takes only half the time of a regular rep for another body part.



Pull-up

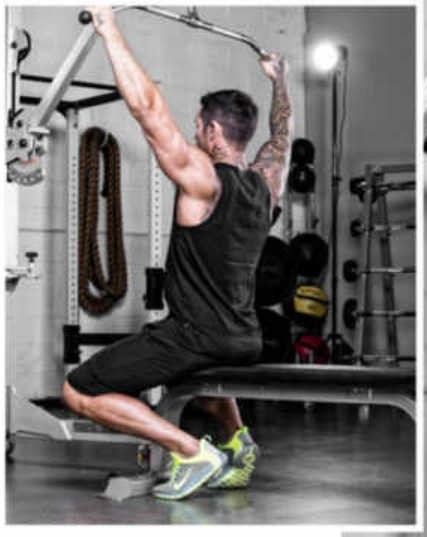
SET-UP: Grab the overhead pull-up bar with a wide overhand grip. You should be hanging with your arms at full extension for the start of each rep.

ACTION: Activating your lats, pull yourself up so that your chest touches the bar, keeping your lower body stationary throughout. You should feel a contraction in your back at the top of the move, and then slowly lower yourself back to starting position.

TIP

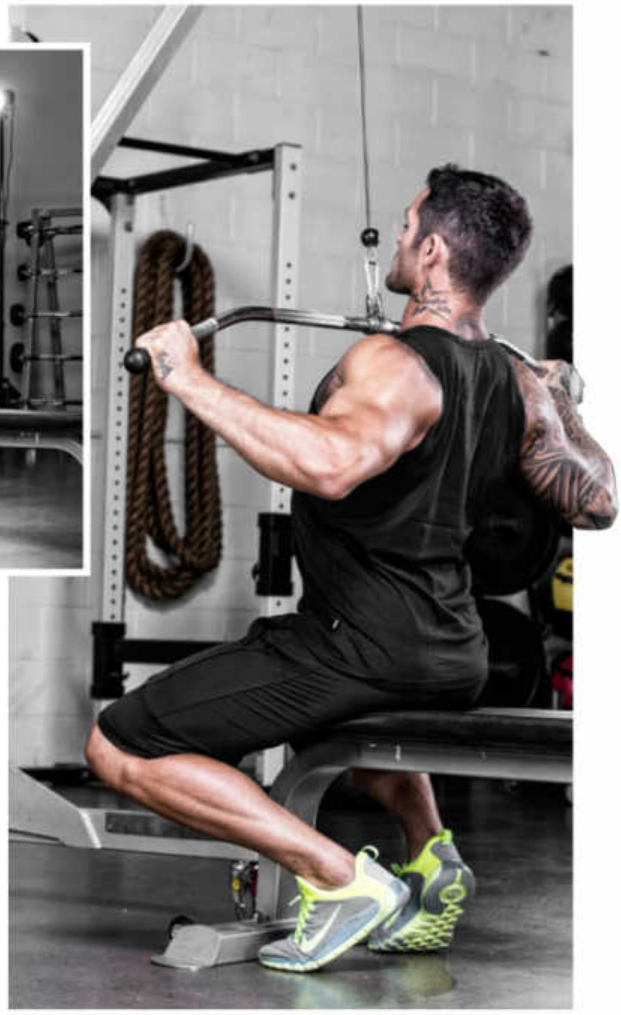
If bodyweight pull-ups are a struggle and you find your form suffering, substitute with assisted pull-ups to ensure you get the most out of the exercise.

Lat pulldown (to front)



SET-UP: Using an overhand grip, grasp the pull-down bar with both hands. Sit down with your legs securely under the pads and lean back slightly.

ACTION: Pull the bar down until it touches your chest. Allow the bar to travel slowly back to starting position, emphasising the stretch in your lats.



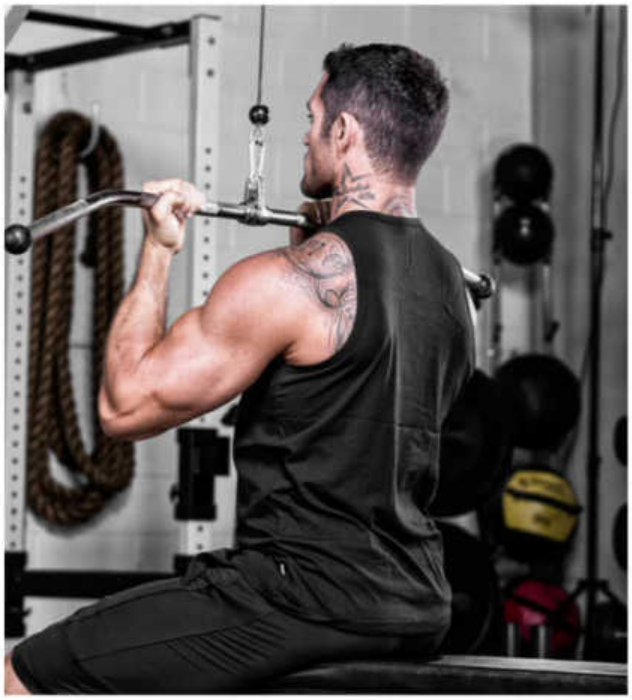
LEVEL-UP

Lean back a bit farther, as much as 30 degrees, to allow your elbows to be pulled behind your back more deeply. But be sure to maintain the same angle throughout the set.

Lat pulldown (reverse grip)

LEVEL-UP

An underhand grip will bring in the biceps to a greater degree and put more emphasis on the lower lats.





Lat pulldown (behind neck)

LEVEL-UP

Make sure you maintain good form as pulling behind your head, while great for putting more emphasis on your upper lats, could potentially strain your rotators.





Barbell Deadlift

SET-UP: With your feet hip-width apart, bend at the knees and take an overhand grip on the bar - keeping your hands directly under your shoulders. Your chest should be up, and the bar should be in close to the shins. Ensure the spine is braced in a neutral position by engaging your core.

ACTION: Keep the bar close to your body as you begin to press your feet through the floor, focusing on lifting your chest up and bringing your hips forward simultaneously. Remain tight through your upper body and allow your legs to do most of the work. As you reach full extension, lock out by straightening your knees and hips and pulling your shoulders back tight, squeezing through the glutes as you do so.

LEVEL-UP

Make sure you keep your arms straight throughout the movement, pushing through your feet to drive upwards.



Bent Over Barbell Row

SET-UP: Standing with your feet shoulder width apart, grasp the bar with a wide overhand grip. Keeping your knees slightly bent, lean forward at your waist until your torso is roughly parallel to the floor. The barbell should be in front of your shins.

ACTION: Without raising your upper body, pull the bar up toward your abdomen. Bringing your elbows high and above your back, hold the bar in the peak contraction for a brief count, then slowly lower the bar to the starting position and repeat.

TIP

Ensure the safety of your spine by maintaining a neutral back and keeping your head facing forward, not up.

One-arm Dumbbell Row

SET-UP: Take a dumbbell in your right hand, placing your left hand and left knee on a bench. Allow the dumbbell to hang and get a good stretch in the lats.

ACTION: Explosively lift the weight up towards your side, keeping the elbows in tight as you do so. Shoulders should remain square throughout the movement. Briefly pause at the top before lowering your arm back down and exaggerating the stretch at the bottom.

LEVEL-UP

To keep the emphasis on your lower lats, keep your elbow in tight at your sides with each pull



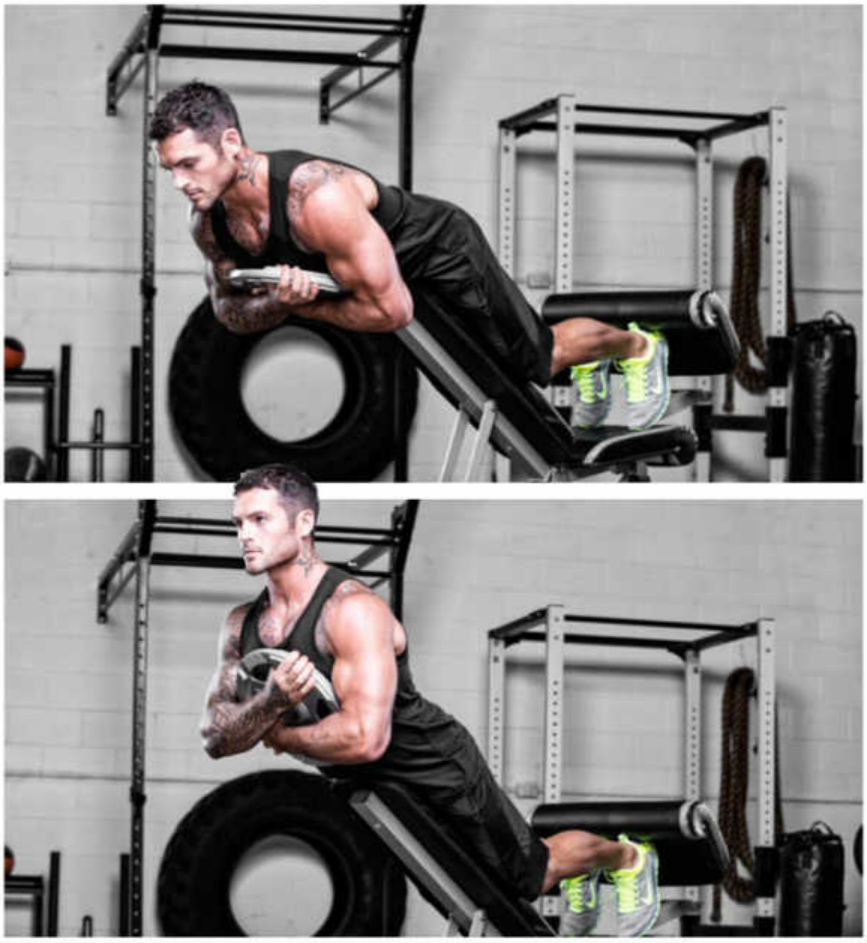
Weighted Back Extension

SET-UP: Position yourself with thighs prone on the bench, legs hooked under the padded brace. Hang down to pick the weights from the floor, and hold them securely to your chest. Back should be straight and your torso should be parallel with your legs.

ACTION: Hingeing at the hips, lower your upper body until fully flexed. Return to the top and pause here for a full two seconds before lowering back down again for the next rep.

LEVEL-UP

Ensure your hip bones are right on the edge of the bench pad, to limit the hamstring recruitment.



Scan here for your exclusive behind the scenes look at Daniel Conn's Back Beatdown workout!

Fitness saved my life.

This simple, four-word sentence will probably be misconstrued by many who read it. The critics among you will immediately comment that it's impossible for fitness to save someone's life because it's not a person, medical procedure or life-saving medicine. The idealists out there will accept this statement as fact because it's my own personal truth.

This is not your typical fitness story of an obese guy turned marathon runner. Or of an athlete miraculously overcoming an injury. Instead, it is a reflection of how one person, namely myself, used fitness to improve my mental health and wellbeing while going through a divorce.



Photo Credit: Corso Photographic

HOW FITNESS

When international fitness model Regie Simmons found himself in a dark place, he turned to fitness to seize control of his life.

WORDS Regie Simmons, IFBB Physique Pro

More than 50 per cent of marriages in the United States end in divorce, but what the statistics do not tell you is how those marriages reached their conclusion. In my case, my marriage reached its end after a long period of decline brought on by my myopic focus on career. I was driven, determined and had an unrelenting bias for action that prompted me to work 14 to 16 hours a day.

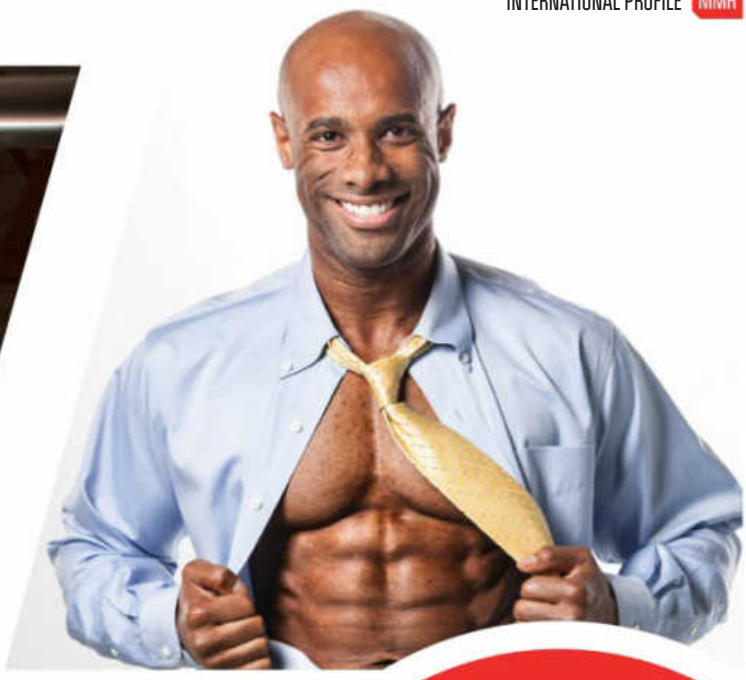
For years my parents counselled me on taking time to enjoy life and spend time with my significant other but, of course, I felt I knew best. I assured them that everything was fine, but the reality was anything but. We were drifting apart and I didn't even see it until one tragic day when everything came crashing down.

The date was November 2 and the event was the stillbirth of my daughter. With the added pressure created by this event, my marriage disintegrated and I was an emotional wreck.

According to researchers, behaviour associated with divorce can be generally categorised as destructive, constructive or withdrawal.

Destructive behaviours include overtly negative reactions to marital problems such as yelling, insults, criticism, belligerence and contempt. Constructive behaviours involve overtly positive reactions such as saying nice things, calmly discussing the problem, and actively listening. Withdrawal





SAVED ME

Photo Credit: Eva Simon Photography

behaviours entail disengaging from the conflict or person and may include leaving the situation or keeping quiet.[1]

If you have never been through a divorce, I can tell you that many people fluctuate between these behaviours at various points. Unfortunately, some get stuck in the destructive mode and begin to spiral downward.

After leaving my wife in Maryland and boarding a plane to Florida, I saw that downward spiral into the abyss first-hand. For the past decade I had worked to build a future with a person who was no longer in my life. I was free to lie on the couch and watch football on Sunday. Free to have the fellas over for drinks and cards. But here I was in a dingy one-bedroom apartment utterly alone.

Like any bachelor, I decided to fill that emptiness with women, fast cars and liquor. I had not partied since my college days, but here I was in my mid-30s bar hopping, pounding martinis and trying to be a playboy. For the first few months I was living 'the life', but I quickly realised that I was only bouncing between meaningless interactions—some of which were possibly dangerous.

I recall one night in particular where I was chatting up a young lady in a bar at three in the morning. I listened as she began telling me that she loved drinking but often needed to use cocaine to bring herself down so that she could function at work.

As a native Detroiter, former college student and fraternity member, drugs were nothing new to me, but for some reason this discussion struck a chord. As I looked around the bar I came to the realisation that I was out of control. I was in an unfamiliar city, intoxicated and talking to a stranger about hardcore recreational drugs. To make matters worse, no one knew where I was. The reality of my situation came crashing in and I made a beeline for the door. I needed to escape.

It was during this short, drunken stroll that I realised that drinking and partying were not for me.

Up until this point, the nightlife filled a void in my existence. But once I made the conscious decision to give up partying, I threw myself into the gym. A year prior to the bar incident, I had started working out regularly to combat work and marriage-related stress but now the gym became my only escape.

For the hour or so that I was in the gym, the entire world faded way. Here, I didn't have to think about the loss of my daughter. I didn't have to mentally replay the recent discussions with my soon-to-be ex-wife. And, I gave zero thought to the bills piling up from my divorce attorney. All I had to do was lift.

I'm pretty sure that other people in the gym thought that I was unfriendly or arrogant because I rarely spoke to anyone and almost always had my headphones on. But, in these moments of silence I found clarity and more often than not, calmness.

Prior to leaving Maryland, I had signed up to compete in my first bodybuilding competition. I met a bikini competitor in the gym who told me about this new bodybuilding division called men's physique. As a lifelong bodybuilding fan, I was intrigued and ended up registering for a competition after doing a little research on the division.

With my night-time activities off the table, there was a definite shift in my mentality; I was focused. My goal was to step on stage and I began to marshal the internal and external forces to achieve that objective. Workouts became training sessions. Food became fuel and restful sleep mandatory.



Photo Credit: Humberto Vidal

This singular goal kept me focused and motivated for months as I trained two and sometimes three times per day. Looking back, I can say that I became a little obsessed but at the time I needed to control something because everything seemed to be out of my control. I counted all of my calories. I studied bodybuilding videos and movies to the point where I could recite entire passages like lyrics from my favourite song. And I burned body fat from my physique like candle wax.

Since my first competition in March 2012, I have stepped on stage nine times as a competitor. I successfully advanced through the amateur ranks and became a professional bodybuilder in July 2014. I haven't had alcohol in nearly two years, finalised my divorce and I am presently in the best relationship of my life. I also have a five-month-old son, named Carter, who is the joy of my life.

Thanks to fitness I found an emotional balance and seized control of my life. The emotional vortex that I found myself in years before has been calmed. I have also come to realise that the loss of a child and a divorce are two of the most emotionally traumatic events that a person can endure.

If you find yourself in an emotional vortex, I urge you to give fitness a try. After all, fitness saved my life. **MMH**

Reference J Marriage Fam. Oct 2010; 72(5): 1188–1204

APPLE PIE IN A GLASS

It tastes just like apple pie – only this shake is chock full of protein and a lot better for you!

INGREDIENTS

- 340g water, milk or yoghurt
- 2 scoops vanilla-flavoured protein
- 1 apple sliced into wedges (core removed)
- 1 cup spinach
- 2 tbsp almonds
- ¼ cup uncooked oats
- Add ice as needed
- Cinnamon to taste

INSTRUCTIONS

Add all the ingredients, except ice, into a blender and blend on the highest level until the mixture is smooth. Add the ice as needed and more cinnamon to taste either during the blending process or sprinkled over the top at the end. Enjoy!

NUTRIENTS PER SERVE

Calories 535, Fat 13g, Carbs 46g, Protein 58g (using water as fluid base)



Photo Credit: Shutterstock.com

GRAINS FOR GAINS

Oats are a great way to start your day as they are filled with fibre and nutrients that will keep you going all day long. Scientifically proven to lower cholesterol, oats contain beta-glucan, which can lower blood pressure up to 8-23 per cent. Its long-term benefits include a decreased risk of heart disease and diabetes. This diverse little grain can also help enhance the immune symptom's response to bacterial infection to help you combat illness. **MMH**

TRIPLE THREAT



Photo Credit: Dallas Olsen

Eloise Wyvill is far more than just a pretty face; in fact she's a triple treat. The former dancer, actor and model aspires to accomplish far more in her fitness journey, while also trying to bring a smile to everyone's face.

NAME: Eloise Wyvill
AGE: 22
HOMETOWN: Brisbane, QLD
OCCUPATION: Personal Trainer

How do you stay in shape? I stay in shape by heavy weight training five to six times per week. I also enjoy being outdoors and doing cardio three to five times per week. However, this usually increases during the lead-up to shows.

What's your favourite food? Sushi. I also have a big sweet tooth, so chocolate and doughnuts are my absolute weakness!

What is your favourite body part to train and why? At the moment it would definitely be shoulders or glutes.

What body part do you love most on a man and why? Their arms/chest or quads… I can't choose! Having a well-built physique, is there anything not to love?

What do you do for fun? I am definitely not a party girl, I would much rather be outdoors. I love relaxing at the beach with my friends – that's my idea of fun! I also have the travel bug. I'm in love with travelling and experiencing new places and cultures.

Describe your perfect night out: It would be something as simple as getting dressed up and going out for a nice dinner – including a few cocktails! Great conversation is also a must.

What characteristics do you most look for in a partner? Personality is first and foremost. I look for someone who is sure of themselves but not too into themselves. Also, someone who is outgoing and can make me laugh – good looks are a bonus! I also look for someone who I share common interests with.

If you could be anywhere in the world doing anything – what and where would you be? I would be in Los Angeles as a fitness model, full-time. As well as sharing my passion for fitness through helping my own clients achieve their goals. There is nothing more rewarding than seeing someone else happy because of you. **MMH**



Photo Credit: Dallas Olsen

"I AM DEFINITELY NOT A PARTY GIRL, I WOULD MUCH RATHER BE OUTDOORS. I LOVE RELAXING AT THE BEACH WITH MY FRIENDS – THAT'S MY IDEA OF FUN!"

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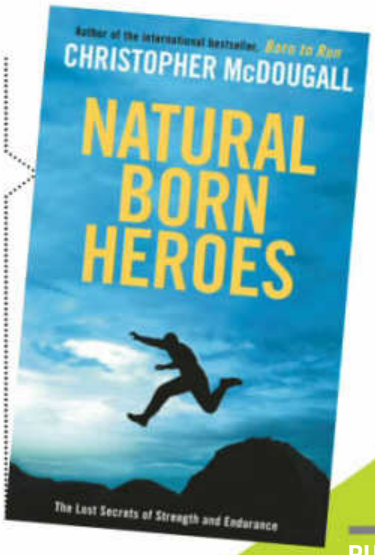
WEBSITE: jockeyaustralia.com.au

BORN TO INSPIRE

Natural Movement (NM) is the next big fitness phenomenon and Chris McDougal's book *Natural Born Heroes* provides a compelling and suspenseful narrative linked to this radical new approach to exercise and cutting-edge fitness. *Natural Born Heroes* will inspire casual athletes to dump the gym membership for cross-training, mud runs and free running.

PRICE: $27.99

WEBSITE: chrismcdougall.com



RUN SMARTER

The Sony Smart B-Trainer (SSE-BTR1) is an all-in-one training device and application to motivate your exercise regime with its range of features, such as intelligent music playback based on heart rate monitoring, various training plans, and real time voice coaching. Developed with the modern runner in mind, the Smart B-Trainer comes in a neckband-style housing, and is non-slip to provide you the freedom to run as you like.

PRICE: $349

WEBSITE: sony.com.au



FILTER ON THE GO

Bobble water bottles have launched a new product called Bobble Sport +! The perfect gym buddy, Bobble Sport + slender shape fits perfectly in the drink holder in the car, on the treadmill or cross trainer. Bobble Sport + also features the characteristic built-in filter that bobble is famous for. Simply fill up with tap water, anywhere, anytime and save the environment from 300 plastic bottles per filter!

PRICE: $14.95

WEBSITE: waterbobble.com.au







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Rokeby Farms Breakfast Smoothies are Australia's first high-protein beverage made with fresh milk and without protein powders! The smoothies are based on cold-filtered fresh milk with twice the protein and calcium of regular milk, offering a natural whole protein source, free from protein powders, that works to increase your daily protein intake and help keep you feeling fuller for longer.

PRICE: $3.99 (425ml) | WEBSITE: rokebyfarms.com.au

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PRICE: $339 | WEBSITE: garmin.com.au



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PRICE: $40

WEBSITE: au.oakley.com



THE BIG C

After being diagnosed with cancer, Adam McKenzie decided it was time to turn his health around.

WORDS Chloe Henderson and Erin Leckie

STATS

Name:
Adam McKenzie
Location:
Noosa Heads, QLD
Occupation:
Office Manager
Age: 31



Like many blokes in their early twenties, a young Adam McKenzie was living his life without care for the consequences. It was all about money, material possessions and having a good time. Meat pies, fast food, chocolate and booze were almost daily indulges in the self-confessed 'lazy guy's' diet. The result was a negative attitude towards many things in Adam's life, including his health.

But at just 25 years old, the trajectory of Adam's life changed forever. It all started when his doctor uttered those three fateful words nobody ever wants to hear… 'You have cancer.'

"Being told you might die is something you would never think to hear as a 25-year-old," recalls Adam. "When I was diagnosed with cancer it was definitely the wake-up call I needed."

The frightening diagnosis left Adam reeling and he immediately began to reassess his lifestyle choices. He decided to relocate to Noosa where he would be closer to his family and able to fight his new battle head-on.

"BEING TOLD YOU MIGHT DIE IS SOMETHING YOU WOULD NEVER THINK TO HEAR AS A 25-YEAR-OLD."

Five years down the track and Adam is in the clear, with no more tests on the horizon. "I feel like a new man, I bounce out of bed, I don't even need an alarm. It's pretty hard to find me not smiling."

He says that overcoming cancer has made him want to create a better version of himself every day, and with the help of his coach Joel Bushby, Adam has come to regard his body as a temple.

"Seeing my body change has been incredible, it has created a new me," says Adam. "I do four to five sessions max a week and I'm seeing the results I have been after for years."

Along with his workout regime, Adam completely overhauled his unhealthy diet.

"Chicken, kangaroo, turkey, sweet potato and broccoli seem to be my go-to meals now, with a little bit of oats and blueberries for breakfast!"

Through Joel's guidance, Adam is now aspiring to compete professionally on stage. "Joel Bushby is the master. His positive outlook on everything in life is something everyone should take a look at. I now also have a goal to work towards, which will be my first competition in Townsville… Joel's program has made me strive to get on stage."

To keep his motivation flowing Adam relies on his progress pictures as it reminds him of why he started this journey. He also reflects on the differences between his new and old lifestyles… "confidence, energy levels and the like-minded people you meet. It is amazing what comes into your life when you start doing better things for yourself."

Not only this, but he believes that everyone should start their transformation sooner rather than later. "Do it. Start now and have no excuses, you will look back after a few months and not believe the difference in every aspect of your life." **MMH**

Since speaking with MMH, Adam made his first appearance on stage at the INBA Tropix in Townsville, placing an impressive 3rd (under 170cm) and 4th (under 72kg). Adam is now looking to build on his physique for next year.

Photo Credit: Darren Burns

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NEW YEAR, NEW YOU



Photo Credit: Shutterstock.com

A recent study found that only 24 per cent of Australia and New Zealand's population actually like going to work (Gallup 2013). Are you part of this 24 per cent? Or are you part of the other 76 per cent that can only dream of what it's like to go to work excited about the day? Well MMH is here to help. If you're passionate about health and fitness and are looking for a career change in 2016, perhaps a career in the fitness industry is what you need. To get you on your way to a life-changing career (that will make you LOVE going to work each day), we've rounded up some of your training options in Australia. It's now up to you to make it happen!



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